

**Job Title: Part-Time Certified Personal Trainer**

**Location:** Maximum Performance Physical Therapy and Fitness

**Position Type:** Part-Time

**About Us:** Maximum Performance Physical Therapy and Fitness is dedicated to providing personalized and effective fitness solutions to our diverse clientele. We pride ourselves on our commitment to health, wellness, and exceptional customer service. We are currently seeking a motivated and experienced Part-Time Certified Personal Trainer to join our team and provide specialized support to clients transitioning from physical therapy.

**Job Summary:** The Part-Time Certified Personal Trainer will work with clients who have completed physical therapy and require ongoing, tailored fitness programs to support their continued recovery and overall wellness. The ideal candidate will have a strong background in exercise science, pre-health knowledge, or experience in a related field, combined with a certification in personal training. The role involves designing and implementing individualized training programs, providing guidance and motivation, and ensuring a safe and effective training environment.

**Key Responsibilities:**

- **Client Assessment:** Conduct initial assessments to understand clients' physical capabilities, limitations, and specific needs based on their physical therapy history.
- **Program Design:** Develop and implement customized exercise programs that support clients' recovery goals, improve their strength, flexibility, and overall fitness while ensuring safety.
- **Guidance & Support:** Offer ongoing support and motivation, providing adjustments to training programs as needed based on clients' progress and feedback.
- **Education:** Educate clients on proper exercise techniques, injury prevention, and strategies for maintaining and improving physical health.
- **Collaboration:** Work closely with clients' physical therapists (if applicable) to ensure alignment between therapy and fitness goals.
- **Record Keeping:** Maintain accurate and confidential records of clients' progress, training plans, and any modifications made.
- **Safety:** Monitor clients during workouts to ensure correct form and prevent injuries.
- **Professional Development:** Stay current with industry trends, certifications, and best practices to continuously enhance your skills and knowledge.

**Qualifications:**

- **Certification:** Current certification from a recognized organization (e.g., NASM, ACE, ACSM).
- **Experience:** Previous experience working as a personal trainer, with a focus on clients who have completed physical therapy or have special health considerations.
- **Education:** Background in exercise science, kinesiology, physical therapy, or related fields is preferred.
- **Skills:** Strong knowledge of anatomy, exercise physiology, and injury prevention. Ability to create and modify training programs based on individual needs.
- **Communication:** Excellent interpersonal skills with the ability to build rapport with clients and communicate effectively.
- **Empathy:** Demonstrated ability to provide compassionate support and encouragement to clients with varying physical limitations and health conditions.

- **Availability:** Flexible schedule to accommodate client needs, including evenings and weekends as required.

**Benefits:**

- Competitive hourly rate
- Opportunities for professional development and continuing education
- Access to gym facilities and equipment
- Supportive and collaborative work environment

**How to Apply:** Interested candidates should submit a resume, cover letter, and copies of certifications to **[fitness@maximumperform.com](mailto:fitness@maximumperform.com)**. Please include "Part-Time Certified Personal Trainer Application" in the subject line.

*Maximum Performance Physical Therapy and Fitness is an equal opportunity employer and welcomes applications from all qualified individuals.*