



CARN BREA LEISURE CENTRE

JOB DESCRIPTION

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| 1 Job Title | Fitness Advisor |
| 2 Reports to | Health and Fitness Manager / Gym Supervisor |
| 3 Qualifications | <p>Experience in Health and Fitness and/or related industries</p> <p>A recognised L2 or L3 qualification in Health & Fitness</p> <p>Current First Aid certificate</p> |
| 4 Job Purpose | <p>To provide primary point of contact with customers to ensure safe and effective exercise instruction.</p> <p>To deliver a range of exercise classes.</p> <p>To deliver high levels of customer service.</p> |
| 5 Principal accountabilities | <p>Talk with members to promote a friendly and positive atmosphere within the gym.</p> <p>Carry out initial, confidential discussion with members to identify long and short term fitness and lifestyle goals</p> <p>Identify member needs and requirements e.g. time constraints and other commitments in order to develop a realistic and achievable fitness programme</p> <p>Promote and support member retention by reflecting on their previous experiences in health and fitness and current interests then using these to develop varied</p> |

and interesting fitness programmes.

Ensure the safety of members using the equipment by demonstrating correct technique and correcting poor technique as required in a respectful and tactful manner

Maintain regular contact with a member portfolio by pro-actively tracking members progress and updating as required

Maintain a pleasant environment by undertaking cleaning duties within the gym and carrying out regular checks of changing areas

Ensure the smooth running of the Health and Fitness Suite by following prescribed procedures and working as an effective team member

Attend all scheduled Gym meeting and training.

To attend any training courses required by Carn Brea relevant to the role.

Other duties as directed by the Gym Supervisor, commensurate with capabilities and job title

To deliver cardio bike classes on a weekly basis, and source music for a minimum 6 playlists per calendar year.

6 Signed by:
The job holder

Date:

7 Signed by:
The job holder's manager

Date: