



MBG Personal Trainer & Gym Host (Female) – Job Description

Role: Personal Trainer & Gym Host (Female)

Salary: Competitive

Location: Muscle Basin Gym, E15 1LN

Job Summary

Muscle Basin Gym is seeking a motivated Personal Trainer to join our team of fitness professionals to deliver classes and personal training as well as be a gym host and manage the facility for our women's only sessions. As a Personal Trainer, you will create one-on-one health and fitness plans to help members achieve specific health and fitness goals. Personal Trainers will instruct and advise members on the best way to use fitness equipment, weights, and teach clients through fitness classes. You will also be delivering classes to large groups and supporting all members with their fitness goals. As there are 2 roles merged together you will further need to manage the premises along with our membership system.

Responsibilities and Daily Duties

- Tailor advanced exercise plans for members' individual and specific needs.
- Help members develop short- and long-term goals.
- Offer nutritional and healthy lifestyle advice.
- Lead inductions for new members and talk to members about their goals and introducing them to our personal training membership package.
- Record and create reports of members' progress.
- Provide basic fitness testing.
- Interact with members by providing words of encouragement, and emotional support, helping them stay committed to their fitness journey.
- Lead group fitness classes when necessary and promote other classes and services.
- Offer advice on form/technique and exercise alternatives.
- Assist with membership retention strategies.
- Stay up to date with the latest techniques and best practice.
- Deliver group classes
- Manage signing in and signing out of clients
- Ensure premises are kept clean and to company standards
- Support members with queries and any other support
- Contribute towards recruitment of members and marketing needs



Qualifications & Experience

Essential: (either one)

- Level 3 Personal Trainer qualification recognised by CIMSPA.
- Level 2 Gym Instructor qualification.

Desirable/Optional:

- Practical experience working or training in a gym environment.
- Health & Safety/First Aid Certification.

Skills and Attributes

- Excellent customer service skills.
- Ability to work with people of all fitness levels.
- Understanding and sensitivity.
- Strong organisational skills.
- Ability to motivate and coach others.
- Ability to stay up to date with the latest fitness techniques and health trends.

What to expect in the role

This role will require you to work 9 hours a week. You will work 3 x 3-hour shifts during the week at different times. You will work 2 weekdays and 1 weekend shift. This provides flexibility but can also mean early mornings, late nights, and weekends. As the fitness industry is always changing and evolving with the times and technology, you must be someone who is flexible and excited about change.

How to apply?

To apply, please submit your CV together with a cover letter to management@musclebasingym.com outlining your fitness philosophy, training approach, and how you can contribute towards growing our women's only provision. The following 3 questions must be answered in your covering letter:

1. How will you grow the women's provision and help recruit more members
2. Please tell us about any community work you have carried out and ideas on how we can give more back to the women at our classes
3. Why do you want to work with MBG?

Muscle Basin Gym is an equal opportunity employer, and we welcome candidates of all backgrounds to apply.

Deadline: 10pm, Sunday 17th December 2023

Only shortlisted applicants will be contacted.