



JOB APPLICATION TRAINER/COACH

Movement Fitness LLC is an equal opportunity employer. This application will not be used for limiting or excluding any applicant from consideration for employment on a basis prohibited by local, state, or federal law. Should an applicant need reasonable accommodation in the application process, he or she should contact a company representative.

Job Position Description

Movement Fitness Rockford is a locally owned and operated Semi-Private Personal Training and Athletic Performance Training Facility. We are always seeking qualified trainers and coaches, who can deliver a unique training experience to our clients. As a Movement Fitness Coach & Trainer, you will be responsible for delivering Custom Personal Training Programs that are predesigned. This position requires the ability to coach clients according to their individualized program, while managing multiple clients in a session. This position is team oriented, requiring the Coach to work with Movement Fitness team members to deliver a unique and differentiated experience often in a fast paced environment.

JOB QUALIFICATIONS

- A Great Attitude.
- Must be team oriented, this is not a 1-1 training position
- Willingness to learn and continue to pursue ongoing education
- Ability to motivate and encourage
- Desire and capacity to train all fitness levels
- Excellent communication and customer service skills
- Must be able to safely lift and move up to 50lbs

DUTIES & RESPONSIBILITIES

- Coach preplanned workouts to individuals, while working in a group setting
- Energize and motivate clients throughout the session
- Learn Progression/ Regression Model to execute appropriate client programming
- Attend monthly fitness staff meetings and required educational presentations
- Handle member concerns when applicable
- Conduct Client Strategy Sessions
- Set up client session in advance, clean up afterwards

Please fill out all of the sections below:

Applicant Information

Applicant Name:

Address:

City, State and Zip Code:

Telephone Number:

Email Address:

Date of Application:

Employment Position

Position(s) applying for: TRAINER/COACH

How did you hear about this position? _____

How many hours do you desire to work per week? _____

On what date can you start working if you are hired? _____

Do you have reliable transportation to and from work? _____

Desired financial compensation: _____

Personal Information

Are you 18 years of age or older? YES NO

Are you a U.S. citizen or approved to work in the United States? YES NO

What document can you provide as proof of citizenship or legal status?

Do you have any condition which would require job accommodations? YES NO

If yes, please describe accommodations required below.

Have you ever been convicted of a criminal offense (felony or misdemeanor)? YES NO

If yes, please state the nature of the crime(s), when and where convicted and disposition of the case:

(Note: No applicant will be denied employment solely on the grounds of conviction of a criminal offense. The date of the offense, the nature of the offense, including any significant details that affect the description of the event, and the surrounding circumstances and the relevance of the offense to the position(s) applied for may, however, be considered.)

Job Skills/Qualifications

Please list below the skills and qualifications you possess for the position for which you are applying:

(Note: Movement Fitness LLC complies with the ADA and considers reasonable accommodation measures that may be necessary for eligible applicants/employees to perform essential functions. It is possible that a hire may be tested on skill/agility and may be subject to a medical examination conducted by a medical professional.)

Education and Training

High School

Name	Location (City, State)	Year Graduated	Degree Earned

College/University

Name	Location (City, State)	Year Graduated	Degree Earned

Vocational School/Specialized Training

Name	Location (City, State)	Year Graduated	Degree Earned

Certifications / Continued Education

Certification	Specialty	Year Earned	Expiration

Military:

Are you a member of the Armed Services? _____

What branch of the military did you enlist? _____

What was your military rank when discharged? _____

How many years did you serve in the military? _____

References

Please provide 2 personal and professional reference(s) below:

Reference	Contact Information

Previous Employment

Employer Name: _____

Job Title: _____

Supervisor Name: _____

Employer Address: _____

City, State and Zip Code: _____

Employer Telephone: _____

Dates Employed: _____

Reason for leaving: _____

Employer Name: _____

Job Title: _____

Supervisor Name: _____

Employer Address: _____

City, State and Zip Code: _____

Employer Telephone: _____

Dates Employed: _____

Reason for leaving: _____

Availability

Below is our current hours of operation. Please place an **X** through times you are **NOT** available.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30am	Custom Training	TEAM TRAINING	Custom Training		Custom Training	
6:15am	ATHLETIC PERFORMANCE		ATHLETIC PERFORMANCE		ATHLETIC PERFORMANCE	
6:30am	Custom Training	Custom Training	Custom Training		Custom Training	
7:30am	Custom Training	Custom Training	Custom Training		Custom Training	TEAM TRAINING
8:30am	Custom Training	Custom Training	Custom Training		Custom Training	Custom Training
9:30am						ATHLETIC PERFORMANCE
10:30am						
11:30am	Custom Training	Custom Training	Custom Training	Custom Training	Custom Training	
12:00pm	Custom Training		Custom Training	Custom Training	Custom Training	
1:00pm						
2:00pm						
3:15pm	ATHLETIC PERFORMANCE	ATHLETIC PERFORMANCE	ATHLETIC PERFORMANCE	ATHLETIC PERFORMANCE	ATHLETIC PERFORMANCE	
3:30pm	Custom Training		Custom Training		Custom Training	
4:15pm	ATHLETIC PERFORMANCE	ATHLETIC PERFORMANCE	ATHLETIC PERFORMANCE	ATHLETIC PERFORMANCE	ATHLETIC PERFORMANCE	
4:30pm	Custom Training		Custom Training		Custom Training	
5:00pm	ATHLETIC PERFORMANCE		ATHLETIC PERFORMANCE		ATHLETIC PERFORMANCE	
5:15pm	Custom Training		Custom Training	Custom Training	Custom Training	
5:45pm	Custom Training		Custom Training	Custom Training		
6:30pm	ATHLETIC PERFORMANCE		ATHLETIC PERFORMANCE			

AT-WILL EMPLOYMENT

The relationship between you and the Movement Fitness LLC is referred to as "employment at will." This means that your employment can be terminated at any time for any reason, with or without cause, with or without notice, by you or the Movement Fitness LLC.

You have acknowledged all of the duties and responsibilities and can confirm that in order to accept a position they are all within your knowledge and capability.

Understanding the importance of the integrity of our business, upon accepting an official offer you agree to sign a NON-COMPETE disclosure.

Applicant Signature: _____ Dated: _____