



## **CROSSOVER COMMUNITY IMPACT (CCI)**

**Job Title:** Fitness Trainer/Personal Trainer

**Reports to:** Director of Sports & Fitness

**Supervises:** Fitness Consultants

**Status and Compensation:** Full-time or part-time employee with compensation starting at \$20.34/per hour based on the Crossover Salary Scale.

**Position Summary:** The Fitness Trainer will instruct or coach groups or individuals in exercise activities, demonstrate techniques and form, observe participants, and explain to them corrective measures to improve their skills, while providing outstanding customer service.

### **Minimum Qualifications/Job Requirements:**

- Resident or willing to move to north Tulsa (if employed full-time).
- Familiarity and appreciation for the vision and mission of Crossover Community Impact (CCI).
- Familiarity with the population and community served by CCI.
- Displays a strong personal faith in Jesus Christ that can impact his/her clients.
- Bachelor's degree or five years of relevant experience
- Maintain accredited Personal Training Certification (ie. NASM, ACSM, AFAA, ACE, ISSA)
- Knowledgeable regarding the fundamentals of exercise science and fitness techniques.
- Understands the importance of nutrition and diet.
- Strong leadership skills along with a proven track record in planning, program development and administration.
- Highly motivated, well-organized, and detail-oriented and able to manage multiple projects and responsibilities in a fast-paced environment, while maintaining a high degree of professionalism.
- Good communication skills and the ability to work well with others.
- Ability to motivate, manage, and train a team of fitness consultants, resolve conflicts, and work independently.
- Knowledge and implementation of relevant technology.
- Capable of meeting the physical and mental demands of the position, including prolonged periods of intense physical exertion including running, lifting and stretching and able to lift more than 75 pounds at times.
- Current CPR/AED/First Aid Certification.
- Member in good standing of a church whose statement of faith is in alignment with Crossover Bible Church's statement of faith.

### **Essential Functions:**

- Provides outstanding customer service to everyone who enters the facility and encourages participation in fitness activities.

- Collaborates with the Sports & Fitness Director in the implementation of Crossover's fitness programming.
- Leads fitness consultants in a way that strives to fulfill the church-based mission of CCI which includes seeing "our community restored through making disciples while loving and serving our neighbors."
- Responsible for the continued education and training of fitness consulting staff.
- Instructs participants individually and in class settings in maintaining exertion levels to maximize benefits from exercise routines. Observes participants and informs them of corrective measures to help them improve their skills. Monitors participants progress and adapts programs as needed.
- Plans routines, chooses music, and selects different movements for each set of muscles depending on participants capabilities and limitations.
- Evaluates participants abilities, needs, and physical conditions, and develops suitable training programs to meet special requirements. Teaches proper breathing techniques used during physical exertion.
- Coordinates equipment maintenance with Fitness Consultants
- Explains and enforces safety rules and regulations governing sports, recreational activities, and the use of exercise equipment.
- Provides clients with information and resources regarding nutrition, weight control, and lifestyle issues.
- Administers emergency first aid, wraps injuries, treats minor chronic disabilities, or refers injured persons to physicians.
- Responsible for performing other duties as required to assist CCI in achieving its mission.

### **Organizational Planning and Management**

- Participates in regular organizational and departmental meetings.
- Ensures collecting, recording, analyzing and reporting statistical information related to fitness training programs.
- Coordinates budget needs with the Sports & Fitness Director.
- Represent and promote Crossover's fitness programming.