



# Personal Training Position Available

**Do you have a Personal Training Style that you consider to be better than most? Are you a self starter with drive and ambition? Are you an easy person to get along with?**

If you answered 'yes' to the above questions then we would like to consider you to be a Personal Trainer at Fite 'N' Fit.

## **Position Description for Personal Training role at Fite 'N' Fit.**

If you have received this information, it is because you have enquired about a personal training position with Fite 'N' Fit.

## **About Us**

Fite 'N' Fit is an independent personal training business and has been in operation since early 2007. We currently have a team of 3 Personal Trainers. We conduct mostly 1 hour, Personal Training and group fitness sessions. We also deal in the selling of sports supplements.

We conduct most of our business out of our private studio based in Lawnton, we also conduct outdoor group sessions in Pine Rivers Park and on local beaches.

## **How our business operates**

Our personal trainers are on a contract basis; this means that they are paid for the hours that they work. We have a performance based system that rewards people, quite simply the more hours you do, the more you get paid. Our personal trainers operate like they are "running their own business, inside a business" and the successful ones treat it like it is their own business! That is, they train the clients that we provide them with, as well as having the ability to prospect additional clients.

When a new personal Trainer starts with us, they start with zero or a limited number of sessions, and then we quickly seek to build that trainer up with sessions. We shoot first, then aim second. We have found through experience that this provides the best environment for a new team member to grow into the culture of Fite 'N' Fit.

With this in mind, it is advised that all new PT's make themselves as available as possible in the beginning as it is not uncommon to be doing a 5:30am, 11am & 7pm PT session in the one day! Of course, as our PT's get better, they are able to "clump" their session times. We have a strong team philosophy and are looking for people that want to move to the top of the personal training field as part of a successful and motivated group of individuals.



## **We have ongoing requirements including:**

- Fortnightly team meetings and professional development workshops
- Complimentary initial PT sessions
- Effective communication to clients and head office via email and other technology
- Team outings and team building events

## **Experience**

We are looking for PT's that have had experience in actually training clients. How much experience is not critical, what is critical is for you to have the willingness to learn and develop as part of a team. Of course, as we do start our PT's with "real life" clients, we need to guarantee that each PT is technically competent to be placed with that "real life, paying client"

## **Qualifications**

We do require our PT's to be Certificate IV Qualified in fitness, have a current first aid certificate and be registered with Fitness Queensland. In addition to this, our PT's need to be insured with public liability and professional indemnity.

## **Looking forward to hearing from you**

If you believe that you fit into the category, please pursue the possibility of joining our great team!

## **The Personal Trainer that we are looking for needs the following:**

- To be self motivated and have a strong passion to learn and grow within a great Business.
- To treat their role at Fite 'N' Fit like it is their own business
- To have experience in Bodybuilding, and popular strength training techniques.
- To want to be part of a motivated team.

If you think this might not be right for you, then you are probably correct. We are searching for the crème of the crop and pride ourselves on being the best!

If this is for you simply submit your CV to Kris Ashton [kris@fitenfit.com.au](mailto:kris@fitenfit.com.au) immediately as we need you on our team.

Yours in health,

Kris Ashton