

JOB TITLE: Specialized Personal Trainer

JOB TYPE: Part Time

LOCATION: Autism Health and Fitness Center, 307 Racebrook Road, Orange, CT 06477

Our Mission is to provide a safe, comfortable and structured environment for empowering individuals with autism to improve their level of physical fitness.

About This Role

We are seeking a Specialized Personal Trainer to join our team! The ideal candidate shares our passion to inspire those with special needs. You will learn about our unique facility through our on-site training program and by shadowing our current staff members. You do not need to be a certified personal trainer to be considered for the position. Becoming a certified Personal Trainer will be required, however you do not have to already be certified in order to apply.

Key Responsibilities:

- Implement training programs
 - Demonstrate ability to communicate and give adequate directions to individuals
 - Demonstrate proper form and fitness techniques
- Instruct members in fitness activities
 - Demonstrate ability to read individuals behaviors to appropriately adjust training
- Offer guidance and support to members
- Ensure fitness programs are safe and fun
- Utilize iPad to record member progress
- Provide feedback to parents and caregivers
- Opportunity to lead small adaptive group classes
- Interact in a positive manner with staff, parents and caregivers
- Promote good public relations by personal appearance, attitude and conversation
- Required to maintain (ISSA or NASM), CPR, and PMT certifications

We're excited about you because you are/possess:

- Experience with working with individuals with special needs
- Experience facilitating small groups
- Experience with athletic training preferred, but not required
- Ability to build a rapport with members
- Either have or be prepared to become an ISSA or NASM certified trainer
- Either have or be prepared to become CPR certified

Application Process

Please send your resume and cover letter to info@autismhealthandfitness.com

In your cover letter, we'd love to learn what specifically interests you about his opportunity.

Our application process includes an in person or over the phone interview.

We invite all of our qualified candidates to shadow on the job before progressing to the final steps of hire. It is important that our new team members know what it is like to work in our environment. It requires interaction with members and families and can be fast paced. Your teammates are supportive, great at their jobs, and wonderful people to be around.

Anticipated Hours

The hours of this job will be on site at our Fitness Center in Orange, CT. We can build a schedule based on your availability. We are open every day but Tuesday.

Room For Growth

There is room to grow with us! As our business grows there will be opportunity to increase hours and explore other roles.

About Autism Health and Fitness Center

We offer one-on-one personal training with certified trainers, all of whom have backgrounds in special education allowing for a better connection to and understanding of each member. We utilize a variety of traditional and adaptive fitness equipment and integrate fun into each program to keep our members motivated. We also have a variety of small adaptive group classes. Autism Health & Fitness Center not only provides fitness instruction, we are a place where individuals and their families find comfort, connection and community.