

Personal Trainer

Reports To: Fitness and Community Wellness Coordinator

Compensation: Variable, based on number of clients.

About the Northeast Community Center

The NECC is an independent non-profit community center and treasured neighborhood anchor in NE Portland. Located in the former NE Family YMCA facility, the NECC is a thriving hub that offers recreation, aquatics, fitness, wellness, and enrichment programs and activities for all ages. Valued by staff and participants for its welcoming intergenerational environment, the NECC strives to strengthen the fabric of our community by providing opportunities to stay active, socially connected, and physical/mentally healthy.

At the NECC, we respect, value, and welcome diversity in our staff, participants, and in the community, we serve. We strive to hire staff that share these values and who are interested in learning how to best serve and support everyone in the community. We value the life experiences of BIPOC, LGBTQ2S+, and other persons identifying as a member of a community that has been historically marginalized.

Job Overview

Personal Trainers are responsible for helping clients achieve individualized fitness and health goals. Trainers will evaluate each client's health history to determine exercise readiness. Trainers will screen each client or any medical conditions that may need a physician's consent prior to beginning program. Trainers will design, modify and support client's personalized program – according to fitness level, goals, musculoskeletal injuries and medical conditions.

Trainers will also provide 1:1 additional support to their clients as needed. Returning calls and emails, providing copies of workout guides and answering questions and concerns that meet client's needs.

Position Duties and Responsibilities

- Build clientele by administering fitness assessments and safely conducting personal training sessions.
- Develop individualized exercise programs.
- Maintain consistent punctuality or client sessions.
- Participate in all center related training classes and drills.
- Maintain reliable availability to clients and supervisor through the MindBody platform, phone and email.
- Provide additional support to clients as needed.
- Ensure center cleanliness.
- Strong communication skills.
- Other duties as assigned by supervisor.

Position Requirements and Details

- All trainers must hold accredited CPR/AED/First Aid and fitness certification. (ACE, ACSM, NASM, NSCA etc.) OR a 4-year degree in any of the following (Exercise Science, Kinesiology, Sports Medicine)

- Compensation is based on a sliding scale due to education and past experience and number of current clients. Personal Trainers will be hired as independent contractors.
- 100% of staff at the Northeast Community Center have received the Covid-19 vaccine. The person hired for this position will be required to be vaccinated.
- This position requires you to: move throughout the building, ascend/descend stairs, operate a computer, converse over the phone, demonstrate movements for clients and observe clients' movements. Unfortunately, our building is not currently ADA accessible.
- If selected, candidates will need to submit to a background check. Prior involvement with the justice system will not immediately disqualify a candidate.

To Apply

Submit the following to jobs@necommunitycenter.org:

- Your resume or a description of your qualifications as it relates to the position
- A cover letter or email letting us know why you would be a good fit for this position

Timeline: Applications are accepted and interviews scheduled on a rolling basis. We encourage you to submit your application as soon as possible to be considered for the position.