

Job Profile

Reference: FSLT

OVERVIEW:

Job Title:	Gym Instructor
Grade:	FC4
Base:	
Location:	Fife Wide
Reports to:	Gym Manager/Duty Manager

ABOUT THE ROLE:

To advise customers on the safe and correct use of exercise equipment and to recommend safe and effective personal programmes as required. To motivate and encourage customers to achieve their goals and to deliver and maintain a high level of customer service.

YOUR IMPACT

1. Inducting customers to ensure safe and appropriate use of the gym equipment
2. Carrying out fitness assessments and prescribing health and fitness programmes as required
3. Promoting and offering information on Fife Sports & Leisure Trust Leisure Active membership scheme
4. Promoting and participating in initiatives to improve membership sales
5. Actively promoting and selling products and services.
6. Delivering the highest standard of customer service
7. Achieving performance targets.
8. Delivering group exercise classes, for example, group cycle, circuits and, if appropriately qualified, Body Training Systems classes
9. Ensuring the security of the Company's property
10. Ensuring a safe and secure environment for employees, contractors and visitors.
11. Carrying out general tasks, including routine maintenance and cleaning duties
Undertaking other tasks that may be required from time to time to ensure the efficient operation of the facility.
12. Undertaking other tasks that may be required from time to time to ensure the efficient operation of the facility.

13. Demonstrating and promoting commitment to the company's values and objectives
14. Attend training and development sessions, on occasion out-with your normal hours of work to ensure your Health and Safety competence and where applicable your continuous professional development.

OTHER IMPACT:

The Jobholder may be required to perform duties appropriate to the job other than those given in the job profile. The particular duties and responsibilities attached to a job may vary from time to time without changing the overall purpose of the job and would not, therefore, justify reconsidering the grade of the job. Such variations would be reflected in an updated job profile

A flexible approach to work is required as evening and weekend work may be necessary

WHAT YOU WILL BRING:

Skills, Knowledge, Qualifications and Experience	Method of Assessment	E	D
Experience Substantial or previous experience in a similar role. Excellent customer service Leading group sessions Have knowledge and experience in developing exercises suitable for individual and group requirements	Application Form Interview	X	X
Education, Qualification and Training Level 2 Gym Instructors or equivalent. First Aid at Work Exercise to Music Qualification Pool Lifeguard award	Application Form	X	X
Skills, Abilities and Knowledge (general) Excellent oral communication skills. Ability to be diplomatic and skilled in dealing with customers and colleagues. Honesty and reliability Excellent organisational skills. An understanding of confidentiality issues and the use of discretion IT Literacy Experience of partnership working	Application Form Interview Reference	X	X
Interpersonal and social skills Excellent communication and interpersonal skills, both written and verbal. Positive attitude Relate well to Customers and staff. Ability to adapt.	Application Form Interview Reference	X	

High level of literacy and report writing

Health and Physical Attributes

Ability to provide regular and effective service.
Commitment to undertake continuous personal development
as required by both FSLT and any appropriate professional
body

Interview
Pre-employment
health screening

X

X

E = Essential Criteria D = Desirable Criteria

APPOINTMENT CONDITIONS:

Eligibility to work in the UK
Qualifications relevant to the post
2 References
Pre-employment Health Screening
Criminal Convictions Self Declaration form
Driving licence (if applicable)
Disclosure/PVG (if applicable)

***people are at the
heart
of all we do...***