

## 4 Ever Fit is Seeking

- 1 on 1 Personal Trainers Specializing in senior fitness – In Person and Virtually
- Small Group Instructors Specializing in senior fitness – In Person and Virtually
- Large Group Instructors Specializing in senior fitness – In Person and Virtually

## About Us

4 Ever Fit provides one on one training for seniors, and group exercise training on site at homes, senior communities, assisted living facilities and virtually. We are dedicated to providing top notch services to all of our clients. We strive to encourage and educate our clients to lead a healthier lifestyle. We don't promote gimmicks or focus on our agenda's. Our workouts are designed with safety and the proper intensity specified to each client after completing a thorough functional assessment. We are always focused on the client. It is never about the trainer.

Interested Candidates must be willing to service the Bethesda/Potomac area and or Washington DC or work virtually.

Trainer MUST have the following qualifications and skills.

- Hold current Personal Training Certification – Preferably a senior fitness specialty
- 5 years of experience in the fitness industry
- Personal Liability Insurance
- CPR Certified
- Maintain regular and consistent punctuality
- Strong communication skills with management and the team
- Ability to work as part of a team
- Strong work ethic
- Self-starter
- Reliable
- Professional
- Ethical
- Organized
- Enthusiastic & Positive

**Essential Duties and Responsibilities:** To perform the job successfully the individual must be able to perform each essential duty satisfactorily. The requirements listed below are representative of the knowledge, skill, and/or ability required.

- Acts with integrity and knowledge that promotes the culture, mission, and values of 4 Ever Fit
- Deliver an exceptional 1 on 1 personal training experience adjusted to meet the clients stated needs for the day.
- Online Group fitness instructors must demonstrate an ability to constantly instruct, encourage, and demonstrate with positive energy our fitness classes in addition to being able to provide various modifications directed towards our senior clients as needed to accommodate varying levels of function among our participants.
- Apply safe and effective movement strategies
- Well versed in age and fitness level appropriate stretching, strengthening, and wellness
- Monitor movements of participants and apply modifications as needed
- Deliver an upbeat and enthusiastic experience
- Enter the client session into our tracking software upon the completion of the client session.
- Trainers with a background in hands on therapy are preferred.
- A degree in an exercise related field is preferred.

[Click here to submit](#) your resume and include your references. If you have videos of your group senior instruction please include a link with your resume.

Please do not apply if you don't have a current certification, liability insurance, current CPR training and/or obtain these qualities.

Our Staff will review your resume and be in touch if we feel you would be a good match.

*This position description is intended to describe the general nature and level of work being performed by people assigned to this position. It is not intended to create a contract with the employee, or to be an exhaustive list of all responsibilities, activities and skills required of the position and people in the position.*