



We are looking for enthusiastic and energetic **Fitness Instructors/personal trainers** who want to further their career with our Fit4Less team in Drimnagh. Have you ever heard the term 'Chief Cook and Bottle Wash'? (If not, ask your mum?!) That's really what being a part of the exciting F4L Crew is all about. It involves all aspects of the day to day organization and operation of the Club facilities from taking responsibility for fitness floor supervision; internal and external sales promotion; to retaining members by delivering excellent customer service in a safe, welcoming and FUN environment! Essentially, the F4L Crew member is the face of the Club and so has an important role to play. You do need to be flexible as the role is definitely multi-tasking and will vary depending on the day and needs of the club. If you agree with the old adage that 'variety is the spice of life', then this IS the role for you!

- To deliver consistently high quality fitness classes including Circuits, Kettlebells, Spinning Bootcamps.
- To have a presence on the gym floor that enhances our members experience as they arrive and train, offering advice, technique tips and ensuring customers get the best experience possible.
- To carry out induction programmes ensuring members are fully aware of how to use the equipment safely and the best way for them to reach their fitness goals without injury.
- To deliver a quality customer gym and group exercise class experience with the aim of member retention.
- Be willing to work on a part-time basis with the option of carrying out personal training. We provide clients for personal trainers as well
- To ensure the gym is at a high standard of cleanliness. Qualifications and Skills
- Personal Training Certification to REPS level 3 or above.
- At least 1 years' experience working in the fitness industry.
- Able to teach a wide range of class, Spin, LBT, Circuits, Bootcamp etc. Additional qualifications in Pilates/Yoga/Zumba also welcome
- Up to date First Aid. Job Type: Part-time Experience:
- Fitness: 1 year (Required):
- REPS 3 (Required)

Apply via CV & cover letter to: kevin.butler@f4l.com