



PERSONAL TRAINER

PRIMARY JOB PURPOSE:

We are seeking a qualified and enthusiastic Personal Trainer to join our team. The ideal candidate will be responsible for designing and implementing individualized training programs and motivating clients to reach their fitness goals. You will work in a supportive and collaborative environment that values professional development and client success.

KEY RESPONSIBILITIES:

- Conduct initial fitness assessments and health evaluations for clients.
- Create customized fitness programs tailored to clients' goals and fitness levels.
- Provide clear and effective instruction on exercise techniques.
- Offer nutritional advice to support clients' overall health and fitness objectives.
- Monitor client progress and adjust workout plans as necessary.
- Ensure a safe and clean workout environment, including proper equipment maintenance.
- Build and maintain positive client relationships through excellent communication and support

QUALIFICATIONS:

- Recognized Personal Training Certification.
- Strong knowledge of exercise physiology, anatomy, and nutrition.
- CPR and first aid certification.
- Excellent communication and interpersonal skills.
- A passion for helping clients achieve their fitness goals.
- Ability to work flexible hours, including evenings and weekends.

PROPERTY:

Woodmead

APPLICATION PROCESS:

Interested applicants must complete the application form and submit it along with their CVs to careers@ccj.co.za no later than **2nd September 2025**.

Please consider your application as unsuccessful, should you not hear from us within 1 month.

