

Summary of Position

- Provide members with fitness training and assist them in reaching their goals and objectives
- Coach and monitor members to ensure safety

Essential Job Requirements

1. Conduct group fitness classes
2. Evaluate members against their requirements and fitness goals
3. Follow up progress with each member and actively encourage their progress
4. Show courtesy and patience especially with members who have not achieved expected results
5. Always carefully observe new members and do not push them more than their ability allows
6. Ensure that all equipment is functioning properly and report any equipment which is out of order
7. Keep updated with the latest sports and fitness news to enhance your skills and knowledge
8. Follow the policies and procedures of the company
9. Work as a team member
10. Day to day reporting to the fitness supervisor
11. Make sure that the programs fit with the members needs
12. Treat each and every member individually with care and attention in a professional manner
13. Motivate the members to reach their goals

Required Education

1. Diploma in fitness and nutrition
2. CPR certificate with 2 years experience
3. Diploma in physical Education & Sports

Required Experience

- Minimum 2 years experience

Required Skills

1. Instructing
2. Speaking
3. Learning strategies
4. Active Listening
5. Idea Evaluation
6. Active learning
7. Idea Generation

Physical Requirements

1. must be fit
2. must be energetic
3. Gross body coordination
4. Dynamic Strength
5. Static Strengths

Mental Requirements

1. Must be good in English (Arabic)
2. Must be patient with members
3. Must have a far vision
4. Problem Sensitivity
5. Selective attention
6. Visualization

Equipment Used

1. Computer
2. Telephone
3. Updated in using all fitness machine and accessories

Supervisory Responsibilities

- Must be able to conduct more than 10 people in the same time

Working Conditions

1. To work under the pressure and in rush period
2. To show professionalism with members and colleagues

Regarding to our conversation, the following requirements for the fitness instructor position:

1. Physical Education Graduation;
2. Extra Training in fitness (Steps, Aerobics, Pilates, Dance, Tae Bo, etc)
3. Minimum 01-year experience in clubs.

For swimming instructor:

1. Physical Education Graduation;
2. Extra Training in swimming and/or Aqua Aerobics;
3. Minimum 01-year experience in clubs.

For recreational instructor:

1. Teacher for elementary school or Physical Education;
2. Extra Training in children activities (Gymnastics, Ballet, Martial Arts, Sports);
3. Minimum 02 years experience in schools or clubs.

Our offers

(Standard offer. Might be revised if necessary)

- Salary 250 KD to 300 K.D
- Accommodation with partner/s in the same room;
- Transportation;
- Economic Class Air Ticket at the beginning (from) and at the end of the contract (to) point of hiring.
- 14 days annual leave.

Club Working Hours

8.30AM – 10PM

And the fitness instructors work 8 and half hours per day (half hour break)

Maximum 4 Classes per day.