

IN-HOUSE/OUTSIDE JOB ANNOUNCEMENT

**PERSONAL TRAINER**

The CENTRE: Rolla's Health and Recreation Complex – City of Rolla, Missouri

**GRADE CLASSIFICATION:** CG18 (Salary Range: \$16-\$26/hourly session, depending on experience, certifications)

**SHIFT AVAILABLE:** Days, evenings & weekends/approx. 15-25 hours/week

**FLSA:** *Part-Time*, Non-Exempt

**DESCRIPTION OF DUTIES:**

Provide basic health and fitness assessment. Provide appropriate exercise prescription and general nutrition recommendations. Provide consistent program motivation. Design and develop personalized fitness programs for members. Schedule training sessions. Must possess accurate record-keeping skills. Other duties as assigned.

**EDUCATION:**

Four-year degree in exercise science, health promotion, or other fitness-related area desired. Certification from nationally recognized agency required.

**SPECIAL QUALIFICATIONS:**

Excellent communication and interpersonal skills are necessary. Must be responsible, organized, and able to work independently. Extensive knowledge of health, fitness, and behavioral techniques required.

**PHYSICAL DEMANDS:**

Employee is frequently required to sit, talk, and hear. Occasionally required to walk, use hands to finger, handle or feel objects, tools or controls; and reach with hands and arms. Must occasionally lift and/or move up to 100 pounds. Specific vision abilities include close vision and the ability to adjust focus.

**APPLICATION DEADLINE:**

Applications accepted until position is filled. Send resume to: Mary Withouse, Fitness Manager, City of Rolla, P. O. Box 979, Rolla, MO 65402. Resumes may also be faxed to (573) 341-2381 or e-mailed to [mwithouse@rollacity.org](mailto:mwithouse@rollacity.org). Application forms and full position descriptions are available at the Front Desk at The CENTRE.

AN EQUAL OPPORTUNITY EMPLOYER  
EMPLOYER COMPLIES WITH ALL A.D.A. REQUIREMENTS