

Certified Adaptive Personal Trainer Role:

Who We Are:

The IM ABLE Foundation, a nonprofit organization that is widely recognized as a leader in the inclusive adaptive fitness industry for the past 15 years, is growing. We are looking for a Certified Personal Trainer with a passion for helping others to improve their quality of life through fitness. Our inclusive and adaptive fitness program aims to help individuals access their greatest fitness potential. Guidance and education focus on adaptations unique to each client's needs and goals, regardless of ability level.

About The Role:

This is a part-time role responsible for individual and small group training at our facility.

Training Responsibilities:

- Provide one-on-one and small group personalized fitness instruction to individuals with intellectual and/or physical disabilities, while encouraging them to reach their fitness goals.
- Ability to demonstrate each exercise and ensure client is performing correctly.
- Ability and willingness to accommodate clients training schedules- nights and weekends as needed.
- Conduct an initial assessment of client's ability to determine if the program is safe for them to participate and have them complete the required on-boarding documentation.
- Develop a tailored fitness plan based on the initial assessment that is focused on clients' goals that takes into account their physical abilities. Track their progress and overall results.
- Broad knowledge of various adaptive training techniques used to improve strength, cardiovascular endurance, balance, and flexibility.
- Schedule client training sessions and coordinate with gym staff as needed.
- Collect and secure payments from clients as needed.
- Able to conduct virtual based training sessions for clients unable to attend in person.
- Maintain a clean and professional work environment.
- Maintain accountability for training equipment, repairs and replacements as needed.
- Source, schedule and conduct "Lunch & Learns" with hospitals, rehabs, and other similar organizations within a 40-mile radius of the Foundation to bring awareness of the program and services to increase participation/client base.

Basic Qualifications:

- Bachelor's degree (preferably in exercise science, adapted physical education, or recreation therapy)
- Current CPR/AED certification (with hands-on practical skills component)
- Good communication skills; verbal, written, and technical.
- Have a basic understanding of nutrition and healthy living practices.
- Basic, working knowledgeable of a variety of exercise equipment and personal training methods for both able-bodied and adaptive.

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- Able to lift, push and pull up to 50 lbs.
 - Ability to manage multiple tasks.

Preferred:

- Certified personal trainer (preferably ATA AIT and/or ACSM/NCHPAD CIFT) or able to become certified within 6 months of hire.
- Advanced knowledgeable of a variety of exercise equipment and personal training methods specific to training individuals with physical or cognitive challenges.

Hourly Rate:

\$20.00 to \$27.00

You will be part of a team and supported in any of the above responsibilities as much as possible.

This is a part-time, hourly role with a minimum of 20 hours per week.

You will be required to submit a weekly timesheet every other week outlining the activities of the week for Foundation reporting requirements.

Submitting Your Application:

Interested candidates are encouraged to promptly submit their resume and a cover letter to info@imablefoundation.org. All applicants will receive a response to their application within two weeks of submission. Please email info@imablefoundation.org with questions or for support submitting your application.

Equal Opportunity Statement:

The IM ABLE Foundation is an Equal Opportunity Employer. We consider applications for all positions, without regard to age, race, color, ethnicity, national origin, ancestry, creed, religion, gender, gender identity or expression, sexual orientation, citizenship, physical or mental disability, medical condition, genetic information, marital status, veteran status, military status, or any other characteristic protected by applicable law.