

3RD DEGREE TRAINING

Your Body is Your Gym

3rd Degree Training is Atlantic Canada's fastest growing fitness and nutrition company with 6 maritime locations and growing. We offer a range of fitness solutions to our clients including nutritional counseling, group fitness classes, personal training, and specialized classes such as weight circuits and stretch & strength. We offer a fitness atmosphere that is inclusive, motivating, supportive, and community focused.

For more information please visit www.3rddegreetraining.com

Our Moncton location is seeking a **certified personal trainer** to join our team of professionals. We are looking for candidates with outgoing and approachable personalities with a passion for fitness and healthy living.

Responsibilities:

- Demonstrate exercises and workouts
- Observe clients exercises and ensure correct form to minimize injury and improve fitness
- Provide modifications during sessions or classes for different levels of fitness and skill
- Monitor clients' progress and adapt programs as needed

Personal training: You will work with a single client or a small group. As their personal trainer, you assess each clients' level of physical fitness and help them set and reach their fitness goals. You will be able to design and carry out workouts that are specific to the needs and goals of your clients.

Group Instructor: You will lead group fitness classes. All workouts are high energy plyometric style. Workouts are all pre-planned and music is available on site to deliver each class. The most important thing needed is your energy to motivate the class through their workouts.

What we offer:

- Above industry standard rate of pay
- Room for advancement and continuing education
- Access to our current client base
- Complimentary membership
- Full liability insurance

Requirements:

- Valid personal training certification or equivalent
- Valid CPR
- AED training
- Approachable personality with the drive to help others achieve optimal health
- Willingness to grow client base

Successful candidates will be contacted.

Apply by sending your resume to jamie@3rddegreetraining.com