



JOB TITLE: INCLUSIVE FITNESS TRAINER (PART-TIME)

SUPERVISOR: JACOB GRABOSKI

JOB SUMMARY: The Inclusive Fitness Trainer is responsible for the following:

- Developing and leading *individual* fitness and/or sports performance training sessions for individuals with diverse physical abilities
- Developing and leading *group* fitness and/or sports performance training sessions for individuals with diverse physical abilities
- Developing and leading *home-based* fitness and/or sports performance training sessions for individuals with diverse physical abilities
 - Qualifies for gas/mileage reimbursement within specific regional locations
- Creating short exercise videos (20-30 seconds) for use with home exercise programs and/or educational purposes
- Assisting with creation of social media, marketing, and communications strategies for purpose of improving awareness of unique services provided by Adapt Physical Therapy & Fitness LLC
- Engaging in continuing education and training certifications relevant to adaptive fitness/sports
 - Certified Inclusive Fitness Trainer Certification highly recommended (see below)
- Creating and progressing individualized home exercise programs for clients
- Completing relevant documentation associated with provision of fitness and/or sports performance training sessions
- Collaborating with supervisor for completion of additional special projects, business development, and administrative tasks as assigned

EMPLOYMENT STATUS & COMPENSATION:

- *Hourly Employee:* \$22.50 per hour
 - *****Hourly rate increases to \$25.50/hour with successful completion of Certified Inclusive Fitness Trainer (CIFT) Certification*****
 - 100% reimbursement available for expenses incurred for completion of CIFT certification
- *Time Commitment:* 6-10 hours per week
 - Opportunity for additional hours will be made available with increase in client volume
 - 20 hours PTO (equivalent of 2 weeks) on an annual basis for sick days and/or vacation
- *Continuing Education:* \$500 annually to be applied towards continuing education or training that support the mission & services of Adapt Physical Therapy & Fitness
- *Health Benefits:* This position is NOT eligible for health and/or dental insurance
- *Retirement Benefits:* This position is NOT eligible for health and/or dental insurance
- *Performance Bonus:* Eligible for end-of-year raises and performance-based bonus'

APPLICANT ELIGIBILITY:

- High School Diploma or GED required
 - Associates or Bachelors Degree (or actively working towards) strongly preferred
 - Individuals working towards degree in therapeutic recreation, health sciences, medicine/therapy, public health are strongly encouraged to apply
- Prior experience in fitness training, sports performance training, coaching, therapeutic recreation, and/or athletics is strongly preferred
- Strong skills in communication, organization, problem-solving, and documentation/writing are strongly preferred
- Must hold valid driver's license and proof of car insurance
- ***Individuals identifying with a physical disability are strongly encouraged to apply***

INTERESTED APPLICANTS SHOULD SUBMIT AN APPLICATION AT WWW.ADAPTWISCONSIN.COM