



# S.E Personal Trainer Opportunity

**OTE £36K – £48K**

**The Hampton Health and Fitness Club was established in 2005 by personal trainers Paul and Gareth. The Hampton's aim has always been to be an inclusive gym and a place that appeals to the diversity within the surrounding community.**

Currently The Hampton have a range of fantastic offerings in place such as a dynamic group training membership, an annual events calendar that has included wolf runs, a coast to coast bike ride event, and twice yearly fitness testing for our members, just to name a few. We also have a member lead walking and hiking club and are proud to say that we are the number one performing GP referral site in the Solihull borough.

We are currently looking to expand our team of self-employed personal trainers/coaches and need people who stand out in a crowd. Are you a specialist in: -

**Cardio/fitness training** - do you run cycle or row personally and love working with clients who judge their health success by if they can improve their CV performance. Do you use fitness apps to monitor client achievements? Would you like to lead groups from the club to participate in fun runs/cycle or more competitive events?

**Transformation** - Do you enjoy working with people who judge success by making improvements to their physique and shape? Is your passion orientated around staying in great condition yourself? Have you been a part of designing shape change routines and programs in the past? Do you love working with people who focus on getting into the best condition of their lives?

**Weight loss** - Are you an expert in weight management and have you got a track record of helping people with their weight loss journey? What methods do you use, and could you help our clients? Could you set up a weight loss group, organise seminars, nutrition talks and perhaps even healthy cooking sessions?

**Wellbeing**- Do you take a holistic approach to life, exercise, and mental health? Do you have an interest in working with clients who want their personal trainer to focus on bringing together different aspects of their wellbeing that varies from nutrition to psychological focus? This sort of client wants to be fit for the life they want to lead, and this goal supersedes a focus on body weight and shape. This person may gravitate to sessions such as Tai Chi, Yoga and meditation.

**Doc spot** - Are you GP referral qualified and used to working with clients with a range of health conditions? Have you experience in cardiac rehab? This person would be a good networker, setting up links with local GP surgeries and other local groups within the community to expand our special populations provision

The examples above are not exhaustive so if you have skills and abilities that separate you from other fitness coaches this opportunity might be for you. In addition to leading a section within the gym it might be that you have other skills you could bring to the team that might include skills and qualifications in group fitness delivery, General administration, or something else that is equally as important in the functioning of a health club.

We are looking for people who are driven to excel in their desired field of expertise and to work alongside other similarly driven coaches who are equally as focused on their segment of the membership base. If you are a skilled personal trainer who wants to work as a team to see all involved at the gym succeed from other trainers to club members, then we want to hear from you, whether you are local to us with an existing client base to port over with you or if you are looking to build up from scratch.

For those committed to building up to 40 hours per week of combined PT and segment management/delivery, OTE is between 36K – 48K.

