

Center for Health and Fitness Personal Training Intern

Agency Location:	514 N. Prospect Ave, 2 nd Floor Redondo Beach, CA 90277
Work Location:	Fitness Center
Days/ Times:	10-15 hours per week; minimum of 120 hours total
Contact:	Julie Lumbao Programs Manager (310) 374-3426, ext. 8174 julie.lumbao@bchd.org

Description:

- Beach Cities Health District is a public agency formed in 1955 by the voters of Hermosa Beach, Manhattan Beach and Redondo Beach to provide health care services in the community.
- The Center for Health and Fitness is committed to providing innovative programs and services that enhance the Beach Cities community overall health and wellness. The Center ensures quality programs in a supportive environment with highly educated and caring staff by providing individualized attention to members and clients' specific needs.
- The intern will participate in a minimum 12-week internship program and will learn all components of working at a fitness facility. The intern will be shadowing CHF staff and will be involved in providing fitness assessments, personal training, group exercise observation and instruction as well as learning the operations of the Center for Health and Fitness.

Duties:

- An ability to design individual and group exercise programs tailored to the needs and attainable goals of specific clients and special populations: chronic disease, rehabilitating patients, older adult's deconditioned individuals and specific diseases outlined by ACSM.
- Provides guidance in proper exercise technique and variations of exercises to meet clients' goals.
- Capability of executing individual fitness program design in a safe and effective way.
- A desire to help clients reach their health and fitness goals through appropriate cardiovascular, flexibility and resistance exercise program design as well as administering appropriate fitness assessments.
- Proficiency in administering advanced assessments and assist Personal Training staff with fitness assessments, small group orientations, Small Group Training and Well-Being Program.
- Assist Personal Trainers in ensuring the equipment is fully functional, in addition to maintaining a neat, clean gym floor environment. Reports any maintenance issues to appropriate personnel.
- Help manage gym floor by making sure the members are using equipment safely and appropriately. Create opportunities to increase member interaction and improve the overall customer experience. Refer members out to Personal Trainers for fitness advice.

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- Build rapport with the members of the Center for Health and Fitness in order to optimize customer experience and promote CHF/BCHD services and programs by demonstrating BCHD's mission, vision and core values.
- Observe and participate in group fitness, yoga and Pilates classes.
- Ability to effectively communicate instructions, maintains a positive attitude, and generates enthusiasm at all times to motivate others to improve their overall fitness and health.
- Assist with the coordination and development of special events for CHF (virtual and in-person)

Qualifications Needed:

- Must be 18 or older with medical clearance (if needed) and ability to carry 45 pounds
- Currently obtaining Bachelor's degree with an emphasis in Kinesiology, exercise science, health promotion or a related field of study.

Application/Screening Process:

All potential interns are asked to complete the following application process to see if this position is an appropriate fit:

- Send cover letter explaining interest in the position, experience and qualifications, along with your resume to Jasmine Morales (hr@bchd.org)
- Interview with supervisor
- Submit to criminal background check and TB test (at no cost to intern)

Training:

Once the intern clears the screening process, the following training will be provided:

- BCHD Orientation (online or in-house)
- Shadowing of Fitness Program Coordinator, CHF personal training staff, CHF group exercise instructors, and member service representatives
- Weekly meetings with the intern supervisor to assess progress and answer any questions or concerns

Responsibilities:

- Check in with supervisor for newly assigned tasks and updates on current tasks
- Exhibit and maintain a professional manner when interacting with fellow colleagues, staff, community members and the public
- Answer and return all emails, phone calls, etc.
- Keep track of all hours and submit timekeeping each month via Vicnet

To apply for position, please send cover letter and resume to Human Resources:

Contact: (310) 374-3426, ext. 8164 | hr@bchd.org