

Help Wanted!

Physical Therapy & Wellness Institute (PTW) is seeking team-oriented and energetic individuals who are capable of multitasking and working at a fast pace. Individuals will primarily be interacting with patients and physical therapists throughout the day

A Bachelor's Degree in Exercise Science or a related field is REQUIRED and experience in physical therapy is preferred as the individual will be working as an Exercise Physiologist in our outpatient physical therapy clinic.

The ideal candidate will have strong interpersonal, clinical, and organizational skills and enjoys working with a diverse population.

PTW is a Physical Therapist owned and operated fitness and rehabilitation center located in Lansdale, Quakertown, Montgomeryville, West Norriton and Glenside. We offer state of the art equipment, heated therapeutic pools for aquatic therapy, Alter G, supervised fitness and much more. Please visit www.ptwinstitute.com for more information about our facility.

We offer competitive compensation. Interested candidates are encouraged to email their cover letter and resume to Mary Kate Doyle, Assistant Office Manager, at MaryKate.Doyle@ptwinstitute.com. This is for part time with potential for full time after 90 days with health benefits, 401k, long term disability, etc.

SECRETS TO OUR SUCCESS

PROGRAMMING

Power Train is always focused on the WHY. Every program is customized to each individual client's needs and goals. We identify the person's strengths, weaknesses and imbalances to create a personalized program to maximize results.

COACHES

Our Performance Coaches work with each individual client to Coach, Count, Cue and Correct. Every Rep of Every Set.

POWER TRAIN



Power Train isn't just strength training. It's inner strength training. We aren't just about building muscle. We build character. This is your go. Your push to do more. To go further. We're not just shaping bodies here – we're shaping the way people live. Because at the end of the day, nothing helps you see the world differently, more positively, like the lens of confidence.

This is your go. Your green light. Your time to prove yourself. To rise above even your own expectations. This is it. Don't just stand there. Embrace your ambitions. Rise up. Take on the world. Go.

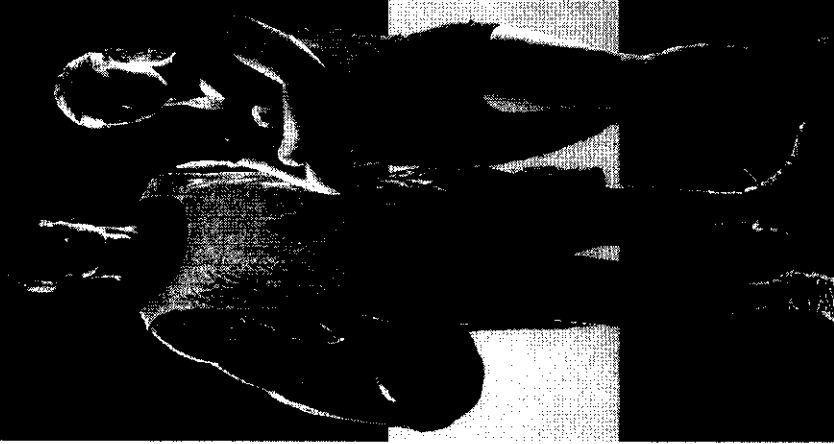
COME VISIT US TODAY!

WEST CHESTER

1520 Paoli Pike | West Chester, PA 19380 | P: 384-887-8251

CONFIDENCE IS THE KEY TO ALL LOCKS™

#ThisIsYourGo
www.powertainsports.com





POWER TRAIN SPORTS™

Power Train Sports & Fitness™ is focused on individual achievement through personalized, results-driven sports performance and fitness training programs. Made up of dedicated, skilled coaches who utilize their athletic experience to enhance the abilities of each client, Power Train™ creates the optimal training environment for success. For more information, visit

www.powertrainsports.com.

POWER TRAIN FITNESS™

Power Train Sports Programs are specifically designed to help clients of all ages exceed their goals and take their game to the next level. Our proprietary training program includes:

- Individualized programs
- Small group 3:1 client to coach ratio
- Customized nutrition plans designed to maximize performance and body composition

Power Train's clients take advantage of the same training protocols that our professional athletes use to improve their strength, speed and performance. Our programming is customized for every client, age, sport and fitness level.

POWER TRAIN FITNESS™

Power Train Fitness delivers results! The goal of our small group fitness classes is to keep the focus on the client, rather than the routine.

Power Train Fitness sessions are designed to be engaging, maximize fat burning and increase metabolism. Our proprietary classes include:

- Heart-rate based interval training
- Personalized training with a 12:1 client to coach ratio
- Combination of Maximum Aerobic Performance, Tabata, strength and lactic principles
- Convenient 45-minute class formats



Personal Training Position

Job Description

The personal trainer will conduct fitness assessments of new members, as well as members solicited throughout the club. They will develop individualized programs that ensure the members safety and enhance the personal fitness goals of the member. The personal trainer will assist, monitor, and instruct clients by ensuring safe and effective use of equipment and weight machines. They will also help to motivate the clients to achieve their fitness goals.

Job Skills

- Strong Communication Skills
- High Self Motivation
- Customer Service Oriented
- Physically capable of assisting clients in their clients workout.

Education Requirements

- Bachelors in Kinesiology, Physical Education, or Exercise Science, with 1 year of experience
- or 2 years of personal training experience
- Personal training certification from an accredited organization (ACE, NSCA, etc.)
- Sales Background a plus.
- CPR and First Aid certified, and current.

Please forward your resume to:

John Williamson

Assistant General Manager

john@fairmountac.com

or

Bryan Cassey

Lead Trainer

bcassey@fairmountac.com

ATTENTION WCU GRADUATES!!!

FITNESS TRAINERS NEEDED @ New Upscale Personal Training Studio on Main Line (Paoli)

We are seeking Part Time and/or Full Personal Trainers at a New Exclusive Personal Training Studio on the Main Line...

"Valor Personal Training" opened its doors in June 2015 and is continuing to build an elite team of health & fitness professionals who possess passion for health & wellness, trustworthiness, dedication, and expertise in their field.

Our luxury 3,000 sq/ft fitness facility offers wide range of top-of-the-line exercise equipment, as well as a private and relaxing massage therapy area with luxurious table & decor, his/her changing rooms and consultation room. The services provided to the clientele are: private, partner and small group personal training, massage therapy, and nutritional counseling, and are by APPOINTMENT ONLY.

Our location, is within and around health services buildings, which provides significant opportunity to build a solid clientele base. Flexible schedule options available...

JOB DESCRIPTION:

Required Knowledge, Skills, & Abilities:

- Carry own liability insurance
- Self-motivated
- Previous experience is a plus
- Must be highly motivated and energetic
- Excellent communication and interpersonal skills
- Solid organizational skills
- Strong attention to detail
- Ability to multi-task
- A thorough understanding of health club operations
- Must be a team player, willing to cover other personal trainers' clients when necessary
- Must be able to work days, evenings, and weekends as necessary
- Must be able to manage time effectively
- Must be able to market personal training and obtain clients
- Reliable, punctual, and well organized

Required Education, Certifications, & Experience:

- Proven & relevant professional working experience is a must have.
- A Bachelor's Degree in Exercise Science or a health related field
- Nationally recognized personal training certification from NSCA or ACSM preferred. Other acceptable certifying bodies will be considered (ACE, AFAA, NASM, ISSA, etc.)
- Must have current CPR, First Aid, and AED certifications (must be obtained within 60 days of hire)

Compensation:

- 1099 Independent Contractor
- Very competitive pay that caters to a highly affluent demographic
- Hourly percentage of package sold
- Percentage increase as cumulative sales increase
- Incentive for generating business independently

PLEASE PROVIDE RESUME w/ COVER LETTER FOR CONSIDERATION TO:

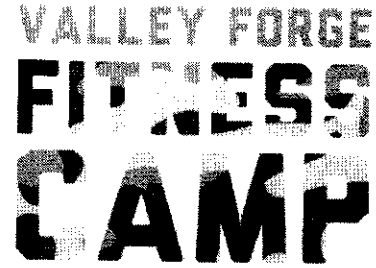
ValorFitStudio@gmail.com

Visit Us: ValorFit.com

Limited positions available, apply today!!!

JOB DESCRIPTION: Fitness Camp Counselor

Valley Forge Military Summer Camps are seeking highly motivated and passionate Fitness Camp Counselor's for the upcoming 2016 camp season! Fitness Counselors will function as an integral part of the Valley Forge Military Academy and College Summer Camp Team. VFMAC summer camp counselors will work with campers, teaching proper exercise techniques, principles, and procedures in a fun and innovative training environment.



Counselors will report to the Fitness Director and will adhere to all rules and codes of conduct set forth by VFMAC.

REQUIREMENTS:

- Current CPR and First Aid.
- Experience coaching youth athletes in a wide variety of fitness activities.
- The physical ability to perform the training sessions they will be leading.
- The ability to communicate verbally to individuals and small groups.
- Must have knowledge of current fitness trends.
- Create a safe environment in which all campers; regardless of age or fitness level, can strive towards achieving their fitness goals.
- Must be able to live on campus.
- Can safely lift and move 40-50 pounds.

ADDITIONAL RESPONSIBILITIES:

- Wear proper uniform and name tag at all times.
- Report any wear and tear or broken equipment to Director.
- Attend all scheduled staff meetings/Staff developments/trainings.
- Maintain a friendly, helpful atmosphere.
- Arrive prepared and ready to work.
- Maintain camper's fitness files.
- Act as a positive self-confident role model for the VFAMC.
- Know and follow all VFAMC emergency procedures.
- A safe environment in which people of a variety of ages and fitness levels can achieve fitness goals.



For more information please contact:

Elizabeth Wahlberg
EWahlberg@vfmac.edu
610 989 1253

Personal Trainer Career Description

Wyomissing Fitness and Training: Full time Personal Trainer
www.wyofitness.com

We are a private locally-owned fitness center in Wyomissing, PA. We opened our doors four and a half years ago and have since doubled our size to 20,000 square feet. Our company has solidified itself as a reputable wellness option for our community. Our business is not run similar to a franchise gym and our personal training department, as well as the clients, absolutely benefit from this.

We hold our personal training department to an extremely high standard. Selecting a new trainer to bring on staff is a move that we take serious. Ideal candidate is an individual who can work within a team environment. The potential candidate is a voracious learner and continues to improve his/her professional craft with a profound passion for the health/fitness field. Our personal training department is growing and are you able to work long hours and the flexibility with your schedule. Self-motivating and punctual are key attributes as well.

Qualifications:

B.S. Kinesiology or Exercise Science degree

Certifications or completing certifications:

ACSM – EPC
ACSM - CPT
NSCA CSCS
NSCA CPT
NASM CPT

Current:

CPR/AED
First Aid

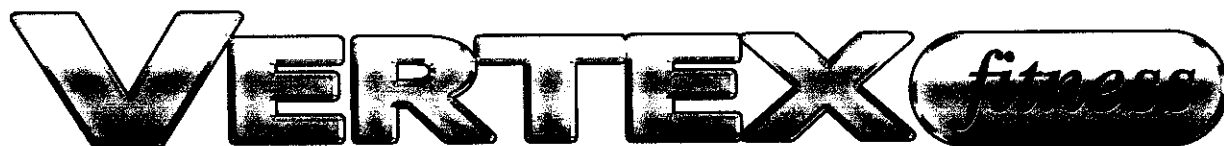
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Personal Training Studio

Vertex Fitness is a privately owned personal training studio located in the heart of Philadelphia's Main Line. Vertex Fitness offers one on one customized strength training programs to all ages. Staffed by dedicated and professional trainers who are available to accommodate your particular schedule, Vertex Fitness provides meaningful and productive exercise along with practical fitness education.

Discover why Vertex Fitness was named "Best of the Main Line" by Main Line Today Magazine for five consecutive years.

Call 610-525-6604 to set up your first appointment.



931 W. Lancaster Ave
Second Floor
Bryn Mawr, Pennsylvania 19010
www.vertexfit.com
610 525 6604