



EXCELSIOR SPRINGS

Parks · Recreation · Community Center

Job Title:	Personal Trainer	Job Category:	Fitness
Department/Group:	ESPRCC	Supervisor:	Fitness Coordinator
Location:	ES Community Center	Date Closing	Open until filled
Level/Salary Range:	J Starting at \$22.99/hour	Position Type:	Part-time

Do you believe that sweat is just your body crying with joy? Can you look at someone and instantly know what their limits are—then push them to exceed them? Can you make squats feel like a party without the confetti? We’re looking for a Personal Trainer who can turn any workout into an experience filled with sweat, laughter, and a touch of pain (in the best way possible). If you’re ready to help clients crush their goals while secretly enjoying their post-workout suffering, this is the role for you.

Responsibilities:

- **Motivational Guru:** You’ll be the voice of encouragement through every squat, deadlift, and plank. Think of yourself as their workout therapist, life coach, and personal hype squad all rolled into one.
- **Creative Exercise Designer:** Design workouts tailored to each client’s needs—because they’re all unique, and so is the way they whine about burpees. Create fun, unique, and sometimes bizarre routines that will make your clients wonder if you’re secretly training them for a circus.
- **Accountability Buddy:** Make sure they show up. Then make sure they push harder than they ever thought possible - while still managing to smile through the pain - or at least fake it.
- **Laughter Therapy:** Inject humor into each session to ensure that even when they’re ready to collapse, they’re still smiling through the tears. Laughter burns calories, right?
- **Tough Love Expert:** Know when to push them past their limits (safely, of course) and when to remind them that no, they cannot eat pizza after every workout. Except maybe on Fridays.
- **Encourage sweating:** Guide clients through their workouts while maintaining a healthy balance of motivational pep talks and questionable jokes.
- **Miracle Worker:** Help clients discover muscles they didn’t know existed. They’ll probably curse you for it afterward.
- **Energy Bomb:** Infuse every session with so much enthusiasm that they forget they’re sore from yesterday’s workout.
- **Dumbbell Therapist:** Master the art of listening to life stories, relationships, and how their arms are "literally going to fall off," all while keeping them engaged in the workout.
- **Form Fixer:** You’ll be the expert on catching those sneaky form slip-ups mid-rep, swooping in like a fitness superhero to ensure every movement is spot-on.
- **Workout Tribe Leader:** Use your charm, energy, and expertise to create a loyal following. With every high-five, motivation boost, and personalized workout plan, you’ll make clients feel so empowered that they won’t want to leave—and they’ll tell their friends all about it too!
- And any other awesome tasks that come your way!



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Qualifications:

- A Bachelor's in Exercise Science, Physiology or related field with the innate ability to make squats feel slightly less awful.
- Must possess an officially recognized, nationally approved Fitness Superpower Certification (ACE, ACSM, NASM, NSCA, CI-CPT, ISSA, AFAA, NETA).
- Gotta be a certified lifesaver, no excuses – CPR/AED. (Can also be received as on the job training.)
- Previous experience as a personal trainer or a willingness to learn the ancient art of making someone love a workout.
- You'll need a rock-solid understanding of fitness fundamentals and safety protocols - because getting stronger shouldn't come with the risk of getting hurt.
- A good sense of humor (important for getting through those "why did I sign up for this?" moments).
- The ability to recognize when someone needs a motivational pep talk or just a cold drink of water.
- Must be comfortable with being the person who gets blamed for sore muscles and be proud of it!
- A genuine love for fitness and a dislike for the words "I can't."
- The ability to make leg day less of a nightmare and more of a rite of passage.
- A knack for turning exhaustion into motivation and still making it fun.
- Ability to know the difference between a lunge and falling over.
- Must be okay with being the reason someone's muscles hurt for days.
- A positive attitude, and the ability to smile through clients' moans of exhaustion.
- Ability to work a microphone/headset like a rockstar while doing lunges.
- A love for encouraging others to discover their inner superhero.

Perks:

- Free gym time, duh!
- Unlimited high-fives.
- The satisfaction of knowing you've made someone's day (and their abs) better.
- Daily cardio from chasing clients who try to avoid a workout.
- The warm, fuzzy feeling of knowing you've helped someone do something they didn't think they could do.
- A supportive work environment that celebrates progress.
- A steady stream of awkward post-workout selfies and compliments like "You ruined my life... but in the best way."
- Witnessing your clients transform into the strongest versions of themselves, physically and mentally - even if they occasionally curse your name after leg day.
- The thrill of seeing someone triumphantly flex in the mirror after a killer session.

Note: We believe in fun, but we also believe in results. Bonus points if you know how to make squats fun and can explain, with enthusiasm, why a burpee is "actually a life-changing move."