



DIVISION OF STUDENT AFFAIRS

F45 Trainer

Job Title: F45 Trainer

Hourly Pay Rate: \$7.25 - \$10

Job Summary

F45 Trainers are responsible for the preparation and execution of safe, fun and effective F45 classes, along with the upkeep of studio and franchise standards. Trainers are expected to teach a minimum of two classes per week and attend mandatory staff meetings, along with optional staff events. F45 Trainers are paid \$7.35-\$10 per hour based on level of training and certification, and are responsible for keeping their certifications up-to-date.

Employee Expectations

F45 Trainers are required to obtain a CPR/First Aid/AED certification within 30 days of hire. F45 Trainers are required to go through one of our in-house training programs offered at the beginning of each semester, along with completing online F45 trainings.

Qualifications / Certifications

- Available to teach at least two classes per week
- Must hold a current certification lay responder level or higher in CPR/AE/First Aid (American Red Cross preferred)
- Must have gone through in-house F45 training program and audition process.
- Personal characteristics including: positive attitude, outgoing personality, independence, and strong work ethic
- Perform some task that require physical labor, including exercise demonstration, equipment set up, and maintaining studio cleanliness

General Job Responsibilities

- Consistently uphold all Campus Recreation department policies and procedures for participants and maintain employee expectations
- Respond to emergencies and assist Recreation Supervisor or Recreation Specialist to implement emergency action plans
- Demonstrate commitment to excellence, service, and professional appearance standards
- Attend all staff trainings, meetings, in-services, and classes as scheduled

- Study class materials prior to teaching and lead safe and effective classes while upholding F45 franchise standards
- Strive to obtain personal, professional, and departmental goals
- Check e-mail daily for departmental and job specific updates and will respond in a timely manner
- Other duties as assigned