



Department of  
**CAMPUS RECREATION**  
Division of Student Affairs

# F45 TRAINER

## Job Summary and Employee Expectations

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 required to go through one of our in-house training programs offered at the beginning of each semester, along with completing online F45 trainings. **F45 Trainers must obtain lay responder or higher CPR, AED, and First-Aid certifications within 30 days of hire.**



## Job Responsibilities

- Available to teach at least two classes per week
- Must complete our in-house F45 training program and audition process
- Consistently uphold all Campus Recreation department policies and procedures for participants and maintain employee expectations
- Personal characteristics including: positive attitude, outgoing personality, independence, and strong work ethic
- Respond to emergencies and assist Recreation Supervisor 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