



## **Personal Trainer/Gym Instructor Opportunity**

### **School Gardens, Vernon Road, Stourport-on-Severn**

As part of our brand new retirement living scheme Bromford have included a gym with the aim of creating a safe and friendly environment where residents can enjoy the benefits of an active lifestyle, promoting enhanced physical and mental wellbeing.

We are looking to work with a qualified personal trainer/gym instructor who has experience of working with older people and fully understands the needs of this group of people. We hope this will be an exciting self-employed opportunity to work with our customers and help them to maximise their potential and discover new possibilities to help them to maintain a healthy lifestyle.

We have looked carefully at the market to find the most suitable equipment for this customer group and concluded that low impact air resistance is most appropriate. We will therefore be purchasing our equipment from Keiser, an American company who provide easy to use, low impact equipment and are one of the few companies manufacturing air resistance equipment in the world.

With a small gym and a select client base we are not anticipating the gym will be staffed at all times so are looking for someone to carry out full inductions with the customers; which will include a risk assessment, health questionnaire and ensuring the customers have appropriate health and fitness levels to use the gym. There will be a charge for the initial induction which will be paid directly to the personal trainer. The level of the charge will be agreed with Bromford based on the wider market and at a level we consider is affordable for our customers.

[Click here to view a plan of the proposed gym area.](#)

We are looking for an individual to carry out these initial gym inductions to both residents and non-residents, put together suitable training plans, promote personal training sessions, provide group classes in our activity room and to work with local doctors and physiotherapist to promote the benefits of our specialised air resistance equipment to encourage use by the wider community.

### **Who will this opportunity suit?**

It is essential that the successful individual has experience of this client group, understands the negative effects on health of a sedentary lifestyle and is sufficiently understanding to encourage those who have never used a gym before. Experience and a passion for the role is more important than qualifications but you must be able to assess an individual's ability to work alone in the gym and make suitable recommendations. You may have worked as a gym instructor, personal training, yoga teacher, or be a physiotherapist so long as you have a passion to enhance the lives of older people.

### **Agreement and responsibilities**

We will enter into an Agreement which will incorporate Service Level Standards and outline the respective responsibilities and expectations of both parties.

Bromford will provide Building insurance and Contents Insurance for the gym and equipment. It will be the responsibility of the Gym instructor to take out their own Employment Liability Insurance,

including any other specific required insurance and insurance for their own property. They will also be expected to complete all necessary health and safety risk assessments.

## **Income opportunities**

- Induction Sessions with residents
- Personal Training sessions with residents
- Group classes
- Inductions and personal training sessions with non-residents

## **Costs to the gym instructor**

There will be no charge when carrying out a gym induction for residents for which you will be able to charge at a level agreed with Bromford and set out in the Agreement.

For any group activity an agreed charge will be levied on those attending, payable directly to the instructor.

When carrying out a gym inductions for non-residents or any personal training sessions, there will be a gym rental charge of £5 per hour.

## **What happens now?**

If you are interested in this exciting opportunity please get in touch with us by emailing, calling or texting Lisa or Helen. We can discuss your interest further and invite you to a meeting during mid to late November.

We will require all interested individuals to provide a CV and brief business plan. Those shortlisted will also be asked to provide references, a proposal of how they intend to work and evidence of qualifications; but please don't worry about any of this till we have had a chat! We will require the successful individual to be ready to work with us from when the first customers start to move in during April 2018.

Bromford will need to carry out a full DBS prior to starting.

## **Get in touch by emailing, calling or texting:**

Lisa Simpson

Retirement Living Manager:

Email: [lisa.simpson@bromford.co.uk](mailto:lisa.simpson@bromford.co.uk)

Call or text: 07739 446207

Helen Shields

Business Manager

Email: [helen.shields@bromford.co.uk](mailto:helen.shields@bromford.co.uk)

Email: 07734 742972

**We look forward to hearing from you!**

**Bromford.**