



PERSONAL TRAINER

LOCATION: The Studio HQ, South Hobart, Tasmania

EMPLOYMENT TYPE: Part Time / Casual

ABOUT THE STUDIO HQ

The Studio HQ is Hobart's premier boutique Pilates and group fitness studio, renowned for offering personalised fitness experiences. We are excited to announce the launch of our exclusive *Strength Studio*, now located within our South Hobart facility. Equipped with top-of-the-line Life Fitness equipment, our Strength Studio is designed for members who want a premium, private environment to focus on achieving their fitness goals.

With a capped membership, you'll have the freedom to work with clients in a peaceful, intimate space—without the usual gym distractions.

We are looking for an experienced, enthusiastic, and dedicated Personal Trainer to join our growing team and make an impact in our new Strength Studio. If you are passionate about fitness, enjoy helping people achieve their health and wellness goals, and thrive in a supportive community environment, we would love to hear from you.

THE ROLE

As a Personal Trainer at The Studio HQ, you will be responsible for delivering exceptional one-on-one and small group training sessions in our Strength Studio. You'll have the opportunity to work with a diverse range of clients, from beginners to advanced athletes, helping them unlock their potential through strength training, fitness programming, and holistic wellness guidance.

Our ideal candidate will have experience in delivering tailored training plans, a genuine passion for fitness, and the ability to inspire and motivate clients through personalised coaching.



KEY RESPONSIBILITIES

- Deliver one-on-one and small group personal training sessions, tailored to the individual needs and goals of clients.
- Develop customised fitness plans, with a focus on strength training, cardiovascular workouts, and flexibility exercises.
- Motivate clients to stay committed, providing ongoing support, expert advice, and technique corrections throughout their fitness journey.
- Cultivate long-term relationships with members, ensuring they feel empowered and accountable for their progress.
- Assist with gym floor supervision and maintain a clean, safe, and supportive training environment for all members.
- Participate in gym events, promotions, and community engagement activities to foster a strong sense of belonging.
- Stay up-to-date with the latest fitness trends, methodologies, and certifications to provide the best possible service to your clients.
- Offer guidance on nutrition, general wellness, and injury prevention, taking a holistic approach to fitness.
- Support the NDIS (National Disability Insurance Scheme) participants, ensuring they receive the personalised care and attention they need to achieve their fitness goals.

ABOUT YOU

- Certificate IV in Fitness (or equivalent), along with current First Aid and CPR certification.
- Working with Vulnerable People Card (or willingness to obtain).
- Passionate about fitness with a genuine desire to help others improve their health and wellness.
- Proven experience in personal training, including expertise in strength training and other fitness modalities.
- Excellent communication and interpersonal skills, with the ability to build rapport with a wide range of clients.
- Proactive, enthusiastic, and approachable attitude with a strong focus on client satisfaction.
- Availability to work flexible hours, **including evenings and weekends.**
- Experience in sales or customer service is a bonus, but not essential.



- Previous experience working with NDIS clients is an advantage, though not required.

WHAT WE OFFER

- The opportunity to work in a premium, state-of-the-art training environment with top-of-the-line equipment.
- A supportive and dynamic team culture focused on personal and professional growth.
- Competitive remuneration based on experience and qualifications.
- Ongoing opportunities for professional development, including access to training and certifications.

SOUND LIKE YOU?

Please complete the [application form](#) on our website. If you have any questions, you can reach out to us at recruitment@thestudiohq.com.au