

IMPROVE GLASGOW

PERSONAL TRAINING

Job title: Junior S&C Coach/Personal Trainer

Organisation: Improve Glasgow

Salary: £26,000

Location: Glasgow, Scotland

Contract type: Full-time, permanent.

Start date: May 2025

Improve Glasgow is a personal training gym in Glasgow City Centre with aggressive expansion plans.

We're recruiting an ambitious coach who is highly driven, enthusiastic, and has a strong work ethic. The coach will provide a science-based coaching experience that delivers measurable results to the clients in an engaging and enjoyable manner.

Responsibilities include:

- Delivering small group personal training and large group training sessions.
- Designing, implementing, and delivering high quality programmes.
- Conducting fitness assessments (body composition & movement screening) to establish client fitness and skill level, identifying goals, and tailoring exercise plans to the clients' needs.
- Ensuring all aspects of the Improve Glasgow programme meet best practice in areas of ethics, welfare, health & safety.
- Our opening hours are 6am-8pm Mon-Fri and 7am-12pm Sat. Your shifts would cover a selection of these timings.

Role benefits:

- Mentoring by Improve Glasgow leadership
- 29 days annual leave
- Developmental opportunities
- CPD positive workplace

Qualifications & Experience:

Essential:

- BSc in Exercise or Sports Science, Strength & Conditioning or related discipline.
- 1-3 years experience in a similar role (or self-employed position)
- Excellent communication skills

Desirable:

- MSc in Exercise or Sports Science, Strength & Conditioning or related discipline.
- UKSCA Accreditation (or on the pathway to becoming accredited)
- Level 3 Personal Training qualification

To apply, please email a brief cover letter and CV to ross@improveglasgow.com.

Cover letter should include the following:

- 1) Why you want this specific role.
- 2) What qualities you can bring to the role/business.
- 3) Your current location and availability.
- 4) Two industry-specific references.