



JUNIOR STRENGTH & CONDITIONING COACH

AMP ATHLETIC

Starting Salary:	£27.5k pa - Reviewed at 6-months
Location:	Marylebone, Embankment, Chelsea
Contract Type:	Permanent, Full time
Additional:	All contracts come with holiday pay, pension contributions & discretionary AMP benefits.
Closing Date:	Friday 12 th December
Start Date:	January 2026

AMP Athletic is a gym that operates across 3 sites in London: Marylebone, Embankment & Chelsea.

We specialise in Small Group Personal Training, our service blends science-based approaches with personalised coaching and community culture. We are looking for a highly driven coach that shares a strong work ethic & that thrives in a team environment.

Role Description:

As a strength & conditioning coach at AMP you would work closely within a team to deliver small group personal training sessions, a range of team-based fitness classes & external S&C based sessions. Your focus would be on the continual development of your coaching practise, striving towards the consistent delivery of AMP standard coaching with your own personal touch.

Your Duties & Responsibilities:

- Deliver Small Group Personal Training & Team Training Sessions.
- Work within a team to design, implement & deliver high quality exercise, rehab & athletic development programmes.
- Work with Physios & Sports Docs to help deliver S&C sessions for end phase rehab patients.
- Deliver external S&C based sessions to partnered schools & organisations.



- Conduct fitness assessments (movement screening & body composition) to establish client fitness & skill levels, identifying goals and tailoring exercise plans.
- Maintain a positive, energetic atmosphere that fosters community, accountability and member retention.
- Assist with company and community events.
- Complete a variety of front of house/operational tasks that ensure gym safety and cleanliness standards are met.
- Opening hours; 6am-9pm Mon-Fri & 8am-8pm Sat & Sun
 - Your shifts could cover a selection of these timings.

Qualifications & Experience:

Essential:

- BSc in Exercise or Sports Science, Strength & Conditioning (or related).
- A drive to learn, develop & improve your coaching practise.
- Excellent communication & interpersonal skills.
- Competent written & IT skills.

Desirable:

- MSc in Exercise or Sports Science, Strength & Conditioning (or related).
- UKSCA Accreditation (Started or completed).

Why join AMP now?

As a business, we're in an excellent position to grow rapidly in the next 1 – 3 years, with goals to open new facilities next year. We are looking for key people to be part of our next chapter of growth, helping us shape the importance of a personalised service within a real community.

We want to empower members to be fitter, stronger & happier whilst also empowering our coaches to grow, develop & thrive. You'll be part of a dedicated, supportive and high-performing team who genuinely care about positively impacting each member.

To Apply:

Please send a copy of your CV & a covering letter to recruitment@amp.fit

- In your cover letter, please include 3 industry people who have shaped your practise over the years.