



JUNIOR STRENGTH & CONDITIONING COACH

AMP ATHLETIC

Contract Type:	Part Time (0.5 Full Time Equivalent); ~20 Hours/week
Contract Length:	12-Month Fixed Term (with possibility of extension by mutual agreement)
Starting Salary:	Pro Rata Amount based on £28.6k per annum (FTE)
Location:	Marylebone & Embankment
Additional:	All contracts come with holiday pay, pension contributions & discretionary AMP benefits.
Closing Date	25 th September 2026

Role Description:

AMP Athletic is a gym that operates across 3 sites in London: Marylebone, Chelsea & Embankment. We deliver Small Group Personal Training that are centred around science-based approaches & delivering measurable results. We are looking for a highly driven coach that shares a strong work ethic & that thrives in a team environment.

As a part-time junior strength & conditioning coach you would work closely within a team to deliver small group personal training sessions & a range of team-based fitness classes. 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 primary place of work would be in Marylebone, plus the occasional sessions at AMP – Corinthia in Embankment.



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 in-house Physios to help deliver rehabilitative programmes to members of the gym.
- Deliver external S&C based sessions to partnered schools & organisations, as and when partnerships are in place.
- Conduct fitness assessments (movement screening & body composition) to establish client fitness & skill levels, identifying goals and tailoring exercise plans.
- Complete a variety of front of house/operational tasks.
- Opening hours; 6am-8pm Mon-Fri, 7am-12pm Sat & Sun.
 - Your shifts could cover a selection of these timings.

Qualifications & Experience:

Essential:

- A drive to learn, develop & improve your coaching practise.
- Excellent communication & interpersonal skills.
- Competent written & IT skills.

Must have one of the following:

- An accredited L3 Personal Training Qualification
- An accredited L4 Strength & Conditioning Qualification, ASCC, NSCA.

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 coaching practise.