STRENGTH & CONDITIONING COACH

AMP ATHLETIC

Starting Salary: £28,860 pa - Reviewed at 6-months

Location: Marylebone, Embankment
Contract Type: Permanent, Full time

Closing Date: Friday 30th October
Start Date: Nov 2026 - Jan 2027 *(flexible for the right candidate)*

About the Role

At AMP, we're building something different. As a Strength & Conditioning Coach, you'll be part of a close-knit, high-performing team delivering small group personal training and team-based fitness classes, all underpinned by a genuine commitment to coaching excellence. You'll bring your own personality and style to every session while upholding AMP's standards, and you'll be supported to grow every step of the way.

Your Responsibilities

- Deliver small group personal training and team training sessions to a high standard.
- Collaborate with the coaching team to design, implement and evaluate exercise, rehab and athletic development programmes.
- Work alongside physiotherapists and sports doctors to deliver S&C sessions for end-phase rehabilitation patients.
- Conduct fitness assessments; movement screening and body composition, establishing baselines, setting goals and tailoring exercise plans.
- Create a positive, energetic environment that builds community, accountability and long-term member retention.
- Stay current with industry research and bring new ideas to the team.
- Support company and community events.
- Contribute to front-of-house and operational tasks to maintain a safe, clean and welcoming gym.

Hours: The gym operates Monday-Friday 6am-8pm and Saturday-Sunday 7am–1pm. Your shifts will be scheduled across a selection of these hours.

What We're Looking For

Essential:

- BSc (Hons) in Sport & Exercise Science, Strength & Conditioning, or a related subject, **or** a recognised Level 3 Personal Training Qualification.
- A strong understanding of exercise prescription, resistance training, movement, and coaching principles.
- Excellent communication and interpersonal skill, with the ability to build strong relationships within a small group environment.
- A professional, reliable & personable approach to coaching.
- A genuine drive to learn, develop and refine your coaching practise.

Desirable:

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

Why AMP, Why Now?

We're at an exciting point in our journey. With plans to open new facilities within the next year and ambitious growth targets over the next one to three years, we're looking for the right people to grow with us, not just fill a role.

At AMP, we believe that empowering our members starts with empowering our coaches. You'll receive genuine investment in your development, the support of a team that cares, and the opportunity to help shape what a personalised, community driven fitness experience looks like.

If you’re passionate about coaching, want to keep getting better at your craft and be part of a growing business, we’d love to hear from you.

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.