SENIOR STRENGTH & CONDITIONING COACH

AMP ATHLETIC

Starting Salary: £30-40k pa (depending on experience)
Location: Marylebone, Chelsea, Embankment
Contract Type: Full time

Additional: All contracts come with holiday pay, pension contributions & discretionary AMP benefits.

AMP Athletic is a Gym that operates across 3 sites in London; Marylebone, Chelsea & Central London. We deliver Small Group Personal Training that's 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.

Role Description:

As a senior strength & conditioning coach you will lead a team of coaches to uphold the service standards within the gym. You will be required to support, develop & oversee the coaching practise, review the efficacy of all of our training programmes, and ensure the maintenance of our 5* customer service.

Your Duties & Responsibilities:

- Lead a coaching team to drive, develop & uphold all gym standards.
- Deliver a range of Small Group Personal Training, Team Training Sessions & external S&C sessions.
- Conduct fitness assessments (movement screening & body composition) to establish client fitness & skill levels & tailor training plans.
- Design & develop of specific training programmes within the AMP framework.
- Work with Physios & Sports Docs to help deliver S&C sessions for end phase rehab patients.
- Liaise with colleagues to develop & lead new projects.
- Manage specific operational tasks set out by the relevant site.
- Opening hours; 6am-10pm Mon-Fri & 8am-8pm Sat & Sun
    - Your shifts could cover a selection of these timings.

Qualifications & Experience:

Essential:

- 3-years of coaching experience in a 1-2-1, small group or S&C setting.
- BSc in Sports Science, Strength & Conditioning, or related subject.
- Excellent communication & interpersonal skills.
- Competent written & IT skills.
- Experience of working in pressurised settings & to deadlines.

Desirable:

- 12-months leadership/management experience.
- MSc in Sports Science, Strength & Conditioning, or related subject.
- UKSCA Accreditation (Started or complete).

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.