

FIT3SIXTY

Lead Coach - Part-Time | On-Site | Worcester

About the job

Company Description

FIT3SIXTY is an award-winning personal training facility dedicated to helping people from all walks of life reach their health and fitness goals. The team supports clients in areas such as weight loss, strength building, toning, and overall wellness. FIT3SIXTY offers a supportive, community-focused environment that emphasizes motivation, accountability, and sustainable results. The philosophy of “Stronger Together” reflects a commitment to collaboration and encouragement between coaches and clients.

Role Description

The Lead Coach is a part-time, on-site role based in Worcester. This role is responsible for planning and leading small group personal training sessions and large group workouts, ensuring programs are safe, effective, and aligned with client goals. The Lead Coach will guide clients in proper exercise technique, monitor progress, and provide ongoing feedback and motivation. Daily tasks include creating delivering sessions, maintaining a welcoming, inclusive environment on the gym floor. The role also involves coordinating with other team members, supporting client retention efforts, and representing FIT3SIXTY’s “Stronger Together” culture.

Qualifications

- Experience in personal training or coaching, with the ability to design and deliver individualized and group fitness programs.
- Strong knowledge of exercise technique, functional training, and safe movement practices, including warm-ups, strength work, and conditioning.
- Excellent communication and interpersonal skills, with the ability to motivate, encourage, and support clients of diverse backgrounds and abilities.
- Demonstrated ability to lead sessions, manage time effectively, and maintain an organized, professional training environment.
- Relevant fitness certification (e.g., PT, strength and conditioning) and current CPR/first aid certification, or willingness to obtain them.
- UKSCA accredited, or on the pathway to becoming accredited.
- Comfort working in an on-site team setting in Worcester, with flexibility for early mornings, evenings, or weekends as needed.
- Experience in client service, goal setting, and progress tracking; background in nutrition or wellness coaching is a plus.

How to Apply

To apply, send your CV and a 90-second video to jack@fit3sixty.co.uk.