

# Vacancies



**BR Properties (Pty) Ltd invites suitably qualified candidates to apply for the following position:**

## **Gym/Fitness Instructor (Tenable in Mahalapye)**

### **Purpose of Role**

We are looking for an Agile Fitness instructor to educate, inspire and motivate members to achieve and maintain good physical health. The main goal of the fitness instructor will be planning and implementing exercise routines to help people become and stay fit in a gym environment and staying ahead of developments in health and exercise practice.

Principal Areas of Responsibility includes but are not limited to:

- Demonstrate and monitor exercising customers and provide fitness assessment.
- Completing inductions to show members how to use the gym facilities.
- Develop workout programs and health promotion programs according to gym policies and procedures and safe industry practices and ensuring adherence to rules and regulations.
- Assist customers in safe exercising and proper body alignment to minimize injury and improve fitness.
- Give alternative exercises during workouts or classes for different levels of fitness and skills.
- Monitor clients' progress and adapt programs as needed.
- Ensure that fitness equipment and tools are cleaned, maintained in safe and good working conditions and report to management any need of fitness equipment maintenance and repair works
- Motivate customers to continue exercises and help make healthy choices
- Give clients information or resources about nutrition, weight control, and lifestyle issues
- Address customer complaints and questions promptly and professionally.
- Give emergency first aid if needed
- Organize and lead group exercise sessions, which can include aerobic exercise, spinning, stretching, muscle conditioning, or meditation.
- Promoting gym activities to increase social media profile and any other duties as would be expected of a gym instructor

### **Requirements**

- Personal motivation to keep fit and the ability to motivate others to do the same.
- Awareness of safety and good working practices.
- Friendly, cheerful, passionate, positive and self-driven.
- A creative and innovative thinker with strong communication and presentation skills.
- Ability to work as part of a team, supervise and work under pressure
- Registration with an appropriate professional body.
- Minimum Qualification: Diploma or equivalent and at least three (3) years' experience in fitness/personal training
- Driver's license

Interested candidates who meet the minimum requirements can submit their application, updated CV and certified copies of their academic certificates to:

**Human Resources & Administration Officer, BR Properties (Pty) Ltd, P. O. Box 21965, Bontleng, Gaborone**  
**Email:** [bernardm@brprop.co.bw](mailto:bernardm@brprop.co.bw) Or hand deliver to: **Plot 50361 Block C, Fairgrounds.**

**Closing date:** 21st January 2022.

Kindly note that only shortlisted candidates will be responded to.