



## **Full-Time Fitness Instructor and Personal Trainer**

### Position Description and Application Instructions

#### **Summary:**

Current Wellness is seeking an engaging and member-focused Fitness Instructor and Personal Trainer to teach fitness classes and provide personal training to clients. The ideal candidate will have a passion for size inclusive fitness or be very open to learning more about the [Health at Every Size™](#) philosophy.

We are searching for an individual who aligns with the mission of our small business, has a passion for inclusive wellness, and will take ownership of expanding our group fitness and personal training client base. Please visit our website <https://currentwellnessraleigh.com/about/> to learn more about our mission, vision, and values to see if you are in alignment before applying.

This is a full-time salaried position with benefits including health insurance reimbursement, two weeks of paid time off per year, flex time, professional development opportunities, and a complimentary membership for fitness and yoga classes. This position will report to the Co-Owner in charge of People and Programming.

#### **Primary Responsibilities:**

- Teach / train 18-22 sessions/classes per week to include:
  - Personal training clients
  - Group fitness (potentially yoga with necessary training) classes
  - Small Group Personal Training
  - Workshop/Series
  - Custom programs, etc
- Planning high quality classes and personal training sessions through ongoing research, learning, and exploration
- Approximately 3-6 hours per week of this following:
  - Social media and marketing collaboration - support content creation and reshare
  - Support instructor team through taking classes, providing feedback, celebrating milestones, and team building
  - Support overall strategy of the class schedule and programming
  - Spread awareness of Current classes and services through outreach events (e.g., classes at apartment complexes, wellness fairs, or drop-in special events)
  - Other duties as assigned to support the growth of the business



**Required Education and Skills:**

- Fitness Certification from an accredited institution (ACE, ACSM, NASM, etc)
- At least 2 years experience teaching group fitness classes and training clients
- American Red Cross First Aid and CPR certification (or equivalent)
- Ability to lift 50 pounds or more when setting up equipment for classes and sessions
- Ability to demonstrate strength training movements for classes and clients

**Preferred Education and Experience:**

- Bachelor's Degree in Exercise Science, Kinesiology, or Related Field
- Size Inclusive Fitness Specialist certification
- Completed other movement certifications such as Yoga, mat Pilates, etc
- Social media content creation skills

**Compensation:**

\$42,000-48,000 dependent on qualifications and experience

Commission paid for average class/clients beyond 22 per week

Health care reimbursement, optional retirement plan with employer-matched contributions, and 10 days of PTO per year

The selected candidate will be required to agree to a non-competition agreement for the period during employment and non-solicitation for the following 6 months after separation.

**Equal Opportunity Employer:**

Current Wellness is an equal opportunity employer. All qualified applicants will receive consideration for employment without regard to race, color, national origin, religion, sex, gender identity, age, sexual orientation, genetic information, size, status as an individual with a disability, or status as a protected veteran.

Final candidates are subject to criminal, sex offender, and financial background checks.

**How to Apply:**

Submit a cover letter and resume by Friday, April 17, 2026 to [info@currentwellnessraleigh.com](mailto:info@currentwellnessraleigh.com)

**For More Information, Please Contact:**

Current Wellness

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