



## Personal Training

### Description

Company overview

Our mission at North Star Fitness is clear:

We firmly believe that coaching takes precedence, and we view health as a comprehensive structure consisting of four essential pillars: Exercise, Nutrition, Sleep, and Mental Health.

Our primary objective is to impart a deep understanding of the “why” underlying our methods to our clients, guiding them on a transformative journey. We’re dedicated to enabling you to grasp how to move and live better for life, extending beyond the confines of the gym.

At our private Fitness/Health facility, our sole focus is coaching. We do not offer generic memberships to the public. Our exclusive approach ensures that every member has access to a dedicated coach, whether it be a Personal Trainer, Nutrition Coach, or Sleep Coach, to steer you towards a holistic version of a healthier you with increased accountability. This arrangement fosters intimate and highly personalized relationships with each client, allowing us to provide the utmost care and attention to all their needs.

Our 1-on-1 Personal Training sessions are conducted in a private, dedicated space within the facility, accessible only to clients and trainers. This setting ensures utmost privacy and individualized attention.

For our Semi-private Personal Training, we’ve allocated a distinct space designated for groups, accommodating

### Closing Date

January 18, 2025

### Categories

Services

### Employer

North Star Fitness

### Location

St. Boniface

### Address

55 Speers Road  
Winnipeg, R2J 1M2

### Job Type

Contract

### Education Level

Other

### Wage

\$26.50 - \$54.50

### Email

up to six members. The same trainer works with the same group throughout the program, facilitating highly customized programming to expedite progress towards your goals.

We recognize that we may not always have all the answers to every problem. Therefore, we diligently collaborate with other qualified healthcare professionals to ensure that you, our valued member, receive the finest care available. Our in-house Physiotherapy and Massage Therapy services have their own dedicated sections and work seamlessly with our trainers to provide the highest level of service and care to our members.

At North Star Fitness, we are committed to restoring the “personal” in personal training.

Why Work at North Star Fitness?

Are you a trainer who has experience working at a large box gym or is currently doing so?

Are you tired of dealing with monthly sales goals and gimmicks?

Do you crave more autonomy in your business?

Would you like to work for yourself but can't commit to buying or opening your own gym?

Do you desire a dedicated space to call home and the flexibility to set your own working hours that suit your lifestyle and your clients' needs?

Are you struggling to figure out the steps to become an independent trainer?

Do you have a roster of potential clients but nowhere to train them?

Want to get started as an independent trainer, but cannot afford the rental dues at gyms? (We do not require any money down.)

If any of these questions resonate with you, this could be the opportunity you've been looking for.

A long-time fitness industry veteran with over 15 years of experience will mentor you on how to find, sell, and retain your clientele in a private facility. We are dedicated to sharing our knowledge, learning from our

pt@northstar.fit

**Phone**

(204) 218-8612

mistakes, and creating a fun environment driven by client success stories rather than sales numbers.

Compensation ranges from \$25.00 to \$55.00 per hour, plus commission, depending on your level of experience.

What We Are Looking For:

Must have a genuine love for people.

Must be willing to market, gain and retain your own clientele with our assistance.

Must be driven to learn, grow, and take initiative.

Must be comfortable with the idea of growing your own business and willing to put in the effort.

Must be adept at using social media and creating valuable content for marketing.

Must always be punctual.

DO NOT APPLY IF...

You can't work effectively in a team.

You prioritize vanity over value.

You shy away from hard work.

You cannot communicate effectively and promptly.

If you've read this far, we're interested in you!

Salary: \$26.50 to \$54.50 per hour, depending on your work ethic.

Please send your cover letter and resume to [pt@northstar.fit](mailto:pt@northstar.fit) to start the application process!