



OPEX Fitness Regina – Full-Time Coach

OPEX Fitness Regina is Canada's first OPEX gym, specializing in Personalized Fitness.

If you are passionate about helping people and empowering others through fitness, this is the career for you!

Our mission is to guide every client to live an inspired life through fitness and we're looking for an experienced coach to join our team. Our ideal candidate is outgoing, motivated, and ready to make a meaningful and lasting impact in their clients' lives.

As part of the OPEX Regina team, you will be responsible for creating individual programming for your clients based on the OPEX model, as learned through the completion of the OPEX CCP Level 1(Certified Coaching Professional) certification. This certification must be completed within 12 months of joining the team.

You are also responsible for on-the-floor coaching; guiding clients through unfamiliar and difficult movements, making adjustments and corrections to form, and ensuring members are completing their workouts in a safe environment.

This is a salaried position while you on-board new clients.

Skills:

Knowledge of fitness and training principles

Strong communicator

Able to provide correction and guidance in a proactive and positive way

Comfortable interacting with a diverse group of people

Education:

OPEX CCP Level 1 is ideal.

Preference will be given to someone who has completed a degree in Kinesiology and CSCS. However a combination of education and experience will be considered.

The successful candidate will be required to take and complete the OPEX CCP program within 12 months of hire.

The coach's responsibilities include:

- Creating safe and progressive client programs that align with the client's assessment and personal goals.



- Identifying the goal in fitness/life.
- Discuss nutrition and lifestyle factors to ensure balance with the fitness program.
- Structured nutrition protocol and a plan based on the goal.
- Identify and addressing any imbalances in movement.
- Collect body composition data points through skin fold testing and InBody body composition scans.
- Identify the areas of priority and discuss the program design intention
- Become versed on ALL movements to ensure proficiency and safety when starting the program design
- Maintain a safe and clean environment for all clients
- Participate in external team camps
- Attend weekly education sessions

Apply today by emailing your resume and cover letter to info@opexregina.ca