

OneRen Fitness Consultant
Recruitment Pack

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Contract Details

Position: Fitness Consultant
Contract: Full Time and Part-Time, Fixed Term (up to 2 years)
Salary: Grade 02 £13.95 - £14.39 per hour
Location: Various locations available across Renfrewshire
Line Manager: Facility Duty Manager

About the Role

OneRen are passionate about the part we play in improving life-long physical and mental health in every one of our communities. Our trust provides a range of affordable, accessible and ambitious services that are open to all and that improve personal, social and economic outcomes. Our goal is to improve the people of Renfrewshire's health and wellbeing by working in partnership to design and deliver a range of life-enhancing and accessible cultural, leisure and sporting opportunities that meet local needs and improve life chances across the population.

Our Fitness Consultants

OneRen health and wellbeing facilities play a pivotal role in contributing to the positive wellbeing of the residents of Renfrewshire. Our health and fitness venues welcome over 15,000 visits each month across six community-based venues. OneRen Fitness Consultants are embedded within our wellbeing facilities to support and empower every new and existing customers on their personal wellbeing journey.

What We Value

We believe great experiences are built on:

- Smooth, professional delivery
- Excellent customer service
- Positive and welcoming environment
- A commitment to accessibility and inclusion



Who We Are Looking For

- Valid and recognised fitness industry instructor (SVQ Level 2) or equivocal qualification
- First Aid qualification or willingness to work towards and working knowledge of health and safety
- You will have a positive and motivated dynamic to support customers on their health and wellbeing journey through positive planned interventions embedded within the onboarding and retention journey.
- You will have a genuine passion for fitness and wellbeing, which will further enhance and sustain excellent customer experience during the membership lifecycle.
- You will have a strong understanding of health and safety protocols which will ensure that customers exercise safely and within a welcoming and wellpresented health and wellbeing setting.
- You will be adaptable to working with a diverse individual and adapting training programmes to different needs and abilities.
- You will be confident in delivering gym based individual or small group workout sessions to maximise member engagement and create a community-based wellbeing environment.

Key Responsibilities

- Maintaining high venue standards and ensuring smooth and safe daily operations within our health and wellbeing venues.
- Ensure that a consistently high standard of excellence is executed within the venue which involves positive interactions with members, offering advice, coaching and encouragement from the point of onboarding and throughout the membership lifecycle.
- Assist the venue management in identifying, planning and delivering all aspects of health and fitness within the gym. This includes supporting onboarding process through product knowledge, delivering inductions, devising member programmes, gym-based group exercises and developing gym-based initiatives to positively inspire and engage members.
- Provide exercise prescription and correct exercise
- technique support to new and existing members.
- Actively participate in ongoing training and development opportunities to increase your level of expertise in innovation and wellbeing intervention opportunities.



What You Will Achieve

- Motivated members who advocate OneRen health and wellbeing services
- Job satisfaction – by seeing the difference your support and guidance makes
- A growing reputation for OneRen as a positive health and wellbeing destination

Why Join Us?

- A supportive, inclusive, and innovative culture
- Opportunities for professional growth and development

Benefits

- Pro-rata 21 days annual leave and 12 public holiday, with an increase in line with length if service
- Buying additional leave of up to 5 days extra
- Free or discounted access to OneRen leisure facilities and up to two nominated family members or friends
- Use of all swimming pools with up to 5 friends or family
- A free venue and performance ticket per season
- Family friendly policies including flexible working, enhanced maternity/paternity
- Access to Strathclyde Pension Fund, an employee contribution of 5.5% and employer contributory pension scheme of 17.5%
- Discounts with local and nationwide retailers via our Vivup – our employee benefits platform
- Access to Occupational Health, Physiotherapy and CBT
- Access to Time for Thriving, a trusted mental health and wellbeing provider
- Access to free and confidential financial support advice services
- Discount off food and beverages at the Cafes located within OneRen venues



How To Apply

Please complete your application via our recruitment portal. Make sure to include the following in your application:

- What you've done before – and how it's relevant
- Why you'd be a great fit for this role
- What excites you about working with OneRen
- How your experience demonstrates that you meet the essential criteria for the role

We want to hear from people of all backgrounds and experiences. If you need any support with your application or want to chat about the role, get in touch.

Please note: Due to the responsibilities of this role, successful applicants will be required to complete a Disclosure Scotland PVG check. Any offer of employment will depend on the outcome of this check.

For more information about Disclosure Scotland checks, please visit their website: Disclosure Scotland.

You can also find out more about us and the work we do from some of our people here: Why Work With Us?

What Happens Next

We'll shortlist based on your experience and potential against the essential criteria for the role. If selected, you'll be invited to an interview with the team.

We're keen to make the process welcoming and fair – if you need any adjustments, just let us know.

