



Dear Applicant,

Thank you for your interest in becoming a Fit-X San Diego Group Fitness Instructor or Personal Training Associate.

Please find enclosed:

- **Application Form**
- **Group Fitness Instructor Self Evaluation Form**
- **Personal Trainer Self Evaluation Form**

Please complete and return the Associate Information sheet, completed Group Fitness or Personal Trainer Self Evaluation Form with copies of all your current certifications and a resume.

Please email to: fitx@fitxsandiego.com
or fax to: 858-715-8681

A Fit-X San Diego representative will contact you after we've received all of your information, reviewed your file and if you meet our professional qualifications.

Thank you for your time and consideration in becoming a Fit-X San Diego fitness associate. We look forward to meeting with you.



Scott Bell
General Manager, Fit-X Fitness

Deno Bell
Founder; Fit-X Fitness

Fit-X Fitness

One-On-One Personal Training And Group Fitness Provider

Fitness Fun For All Ages, Shapes and Sizes.

A Division of **Island Fitness Express Inc.**

Corporate Office: 3658 Ruffin Rd. Ste. F San Diego, CA 92123
Web Page: www.fitxsandiego.com
E-Mail: fitx@fitxsandiego.com
Phone: 858-715-8611
Fax: 858-715-8681

Orange County Office
Web Page: www.fitxoc.com
E-mail: fitxoc@fitxsandiego.com
Phone: 714-718-2502



Fit-X Fitness _____ San Diego _____ Orange County
Associate Application and Information



Name _____ Date Completed _____
Address _____ Home Phone _____
City _____ Zip _____ Work Phone _____
E-Mail _____ Other Phone _____
Birthday _____ SSN _____

Professional Reference:

Name _____ Phone _____
Company _____ Position _____
Name _____ Phone _____
Company _____ Position _____

Who should we contact in case of an emergency:

Name _____ Phone _____
Relationship _____ Email _____

Certifications and other Educational Documentation

Please include copies of each appropriate item with your associate packet.

Type of Cert	Organization	Dates
AED and CPR Certification	_____	Expiration Date _____
First Aid Certification	_____	Expiration Date _____
Group Fitness Instructor	_____	Expiration Date _____
Yoga Instructor	_____	Expiration Date _____
Personal Trainer	_____	Expiration Date _____
College Degree: School _____ Major _____		Year: _____
Other Certs: _____		Expiration Date _____
Other Certs: _____		Expiration Date _____
Other Certs: _____		Expiration Date _____
Drivers License: Number: _____ State: _____		Expiration Date _____
Business License: Number _____		Expiration Date _____
Insurance: Provider: _____		Number # _____

OFFICE USE:

_____ (Quickbooks) _____ date _____ All items Received

Group Fitness Instructor Self Evaluation Form



What inspired you to enter the fitness industry? _____

What inspires you to remain in the fitness industry? _____

How long have you been a fitness instructor? _____

How many classes a week are you currently teaching? _____

Please rate yourself as a group fitness instructor using the following scale:

Circle the number that reflects your level of experience and skill.

1. I am a novice instructor with little to no practical experience.
2. I can lead a group through an effective exercise routine, but I have not mastered choreograph moves to music.
3. I can teach basic group exercise classes – step, floor based aerobics, circuit, conditioning.
4. I can teach most group fitness classes offered in fitness facilities and accommodate to all levels of fitness within in the same class, giving each an effective workout and showing modifications for those with limitations.
5. I can teach any group fitness class for the generally healthy adult: including with extra skills to instruct other formats such as aqua aerobics, kickboxing, bootcamp, yoga, mat pilates, stretch or relaxation, spinning, multistep, slide, etc.

My 3 greatest strengths related to fitness instruction are:

1. _____ 2. _____ 3. _____

The 3 areas where I can use improvement and/or professional development include:

1. _____ 2. _____ 3. _____

I can currently teach the following class formats: *Circle all that apply, write in others.*

Fitness Classes: Aqua Aerobics: shallow – deep Boot Camp Cardio Kickboxing
 Circuit Conditioning Hi/Lo
 Low Impact Step Salsa
 Seniors Spinning (Cycling) Stretching
 TRX Zumba

Mind/Body: Mat Pilates Tai Chi Yoga

Other formats: _____

Other formats: _____

Desired Compensation Rate Per Class
\$ _____
To
\$ _____

The class format(s) I enjoy teaching most: _____

Areas of Town I can Teach: _____

I am available to teach/sub classes at the following times:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Early Am						
Noon						
Evening						

Personal Trainer Self Evaluation Form



What inspired you to enter the fitness industry? _____

What inspires you to remain in the fitness industry? _____

How long have you been a personal trainer? _____

How many sessions a week are you currently doing? _____

Please rate yourself as a personal trainer using the following scale:

Circle the number that reflects your level of experience and skill.

1. I am a novice personal trainer with less than one year of practical experience.
2. I can lead a client through an effective exercise routine, but I have not mastered progressions.
3. I can conduct a small group training session with 2 - 6 ppl.
4. I can conduct a training sessions accommodating all levels of fitness within in the same class, giving each an effective workout and showing modifications for those with limitations.
5. I have over 5 years personal training experience, additional certifications in other training modalities, and continually take continuing education classes.

My 3 greatest strengths related to personal training are:

1. _____ 2. _____ 3. _____

The 3 areas where I can use improvement and/or professional development include:

1. _____ 2. _____ 3. _____

I can currently personal train a client with the following skills: *Circle all that apply, write in others.*

- | | | | | |
|---------------------|------------|----------------|-------------|------|
| Aqua Aerobics | Boot Camp | Circuit | Core | |
| Functional Training | Kettlebell | Mat Pilates | Post- Rehab | |
| Stretching | Seniors | Sport Training | TRX | Yoga |

Other formats: _____

Client Demographic (s) I enjoy teaching most: _____

Areas of Town I can Teach: _____

I am available to train at the following times:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Early Am						
Noon						
Evening						