



Mountain Brook Club
Birmingham, Alabama

**Fitness & Wellness
Director**

Reports to:

General Manager/COO

Supervises:

Assistant Fitness & Wellness Director,
Kids Club Coordinator, & Fitness Desk Manager

Education and/or Experience:

- Minimum of a Bachelor's degrees with an emphasis on Physical Education, Recreation, and or Business or any other combination of education, training or experience that provides the required knowledge, skills and abilities.
- Minimum three years of private club experience as spa and/or health and fitness manager.
- Knowledge of and ability to perform required role in emergency situations.

Job Knowledge, Core Competencies and Expectations:

- Proficient in large fitness/wellness operation including budgeting, planning and governance.
- Comprehensive knowledge of fitness and wellness facility operations.
- Dynamic communicator and leader with a focus on growth.
- Adept and focused on current and future fitness / wellness trends.

Job Summary:

The Fitness Director oversees a robust operation with over 46,000 visits per year. Those visits consist of group classes (over 40 per week), personal training, massages and our ever-growing Kids Club. The Director is the face of the operation and expected to be present and engaged with members in all aspects of the operations. The Director is also needed to be on the cutting edge of fitness trends and bringing those new initiatives to the department. They also act as a thought partner with the General Manager and other Directors to improve the overall experience of the membership in all aspects of the Club.



Job Tasks (Additional Responsibilities):

1. Administrative duties to include payroll, budget, purchasing, training, supervising, evaluating, and hiring of staff and scheduling/directing staff meetings.
2. Oversees all fitness activities including personal training, group exercise, massage therapy, kids club, and front desk operations.
3. Coordinates the purchase of departmental supplies.
4. Oversees facilities and equipment to ensure safety, cleanliness and good working order.
5. Ensures that all applicable daily reports are completed correctly.
6. Responsible for fitness testing and health screening to properly assess the health status of members and guests.
7. Assists direct reports in implementing club policies, goals, operating procedures and standards.
8. Attends department head meetings; conducts staff meetings.
9. Oversees the planning of all programs according to monthly and yearly calendar.
10. Pursues continuous development and education for himself or herself and for direct reports to enhance image, quality and offerings of the department.
11. Prepares and monitors operating and capital budgets; takes corrective action as necessary to help assure that budget goals are attained.
12. Completes appropriate assignments made by the General Manager

Licenses and Special Requirements:

- Proficiency in Microsoft Office, strong communication, organizational, motivational and supervisory skills. Experience in staffing and programming preferred. Certifications in personal training (A.C.S.M., N.S.C.A., N.A.S.M., A.C.E.) required.

Club Information:

Mountain Brook Club is located in Birmingham, Alabama which is an historical, eclectic, and progressive southern city. It combines energy and spirit with classic southern charm and has a little bit of everything. Revitalized neighborhoods and an energized food culture have helped make Alabama's largest city the "place to be" in the South.

The community has outstanding schools, a plethora of restaurants, lots of outdoor activities, excellent cultural activities and events, and a great quality of life. The greater Birmingham area is an exceptional place to live as well as raise a family. For more information about life in Birmingham, visit www.birminghamal.org.



At its core, the Mountain Brook Club is a family club. The size of the Club allows for it to be intimate and quite cozy. The membership enjoys the luxury of usage at the Club when it is convenient for them to include no tee times. The Fitness Center was completed in 2011 and is a 14,000 square foot, three story building dedicated to enhancing the members lives through exercise and activities. We take a full body and mind approach to fitness and have on staff registered dietitians as well as our personal trainers and massage therapist. The Group Class Program is strong as any Club in the nation with over 40 classes being offered on a weekly basis. The Club has adopted the Les Mills program but also offers many other classes such as Tai Chi, TRX and even Yoga for men. This is a department that is always pushing the boundaries of Fitness Trends and is always in search of "What's Next?" While the results of this programming are a healthier membership, true joy is found by the social interaction from the membership while at the facility.

Compensation:

Benefits for this position include competitive salary and revenue sharing of personal training and massages. In addition, this position receives fully paid premiums on health insurance, life insurance, disability and participation in the Clubs 401(k) program with company match. Paid vacation as well as continuing education completes an attractive compensation package.

Please send all resumes to Sharon Smith, HR Director, in one of the following ways:

1. Email to ssmith@mountainbrookclub.com
2. Mailed to:

Mountain Brook Club
Sharon Smith
Post Office Box 130639
Birmingham, Alabama 35213

