



GOLD'S GYM - FITCHBURG

2920 Hard Rock Road, Fitchburg, WI 53719

Phone: (608) 661-4653

Fax: (608) 661-1313

Ron Gratz, *Director of Personal Training*

rgratz@goldsgymfitchburg.net

At Gold's Gym, we demand the best from our personal trainers so they can demand the best from the member/client. Our personal trainers have to meet high standards of excellence in exercise physiology, nutrition, anatomy, training program development, exercise application, health screening, fitness assessments, and client experience. Most importantly, our personal trainers inspire, support, and lead every member in their effort towards a healthy productive life. We aspire to be the inspiration and leadership that will guide our community into being the fittest community in America, to be the customer care benchmark, *passionate* about helping others.

What to expect from Gold's Gym

- 1-on-1 Personal Training;
- Partner Training (2-4 clients/session);
- Train for the demands of member/client goals;
- Follow training policies and procedures;
- Weekly educational projects;
- Learn exercise coaching techniques and applications; and
- Train with a purpose at all times.

Services at Gold's Gym

Our staff of 26 Personal Trainers conducts many types of training, such as: Personal Training, Buddy Training, Team Training, Small Group Personal Training, Group Fitness Classes, Skinfold Body Fat Assessments, Member/Client Assessments, Member/Client Programming, Fitness Challenges, and Seminars. Students will be expected to observe all aspects of training, membership sales, gym operation, as well as new member/client assessments.

Possible hours of work

- Monday thru Friday 6:00 AM – 8:00 PM
- Saturday 8:00 AM – 12:00 PM

We prefer students observe in 2 hour or 4 hour blocks.

Requirements

CPR/First Aid Certified *preferred*. Professional appearance and demeanor a must while on the training floor.

How to get to Gold's Gym?

Located about 15 minutes from campus just off Verona Road/US Highway 18/151, it's an easy drive if you have a car. If you don't have a car, the Madison Metro Bus has two pick-ups near us, the closest being right out of our parking lot on Hard Rock Road, the other at Target on Fitchrona Road. We are tucked in the shopping area near Buffalo Wild Wings, HyVee, and Target.

Because we are ideally located just off a popular US Highway and the closest gym to Epic, our gym serves 7400 members and our personal training department trains over 500 clients.