



LIFE CHANGING BLACKROCK

OPERATIONS LIMITED



#JOB-2434045



F45 TRAINING, Unit F06, Frascati Centre,
Frascati Rd, Blackro, Co. Dublin, A94 K4W0



No of positions : 1



Paid Position



20 hours per week



Dependent On Experience



16/02/2026



16/03/2026

Personal Trainer/ Fitness Coach – F45 Blackrock

Application Details

In order to work in Ireland a non-EEA National, unless they are exempted, must hold a valid employment permit. Please review the [Eligibility and requirements for an employment permit](#) if you are unsure of your eligibility to apply for this vacancy.

Job Description

F45 Blackrock is looking for an energetic, professional and people-focused Group Fitness Coach to join our growing team.

This role is about more than delivering workouts — it's about creating an exceptional member experience every class. We're looking for a coach who brings technical knowledge, high energy (even at 6am!), and the ability to connect with members in a genuine way.

You'll be responsible for leading and supporting functional training sessions, correcting movement safely, motivating members, and contributing positively to our studio culture.

If you are reliable, coachable, confident on the floor, and passionate about helping people feel stronger and more confident — we'd love to hear from you.

As a Coach at F45 Blackrock, you will:

- Deliver high-quality group training sessions
- Demonstrate exercises clearly and confidently
- Provide hands-on corrections and movement coaching
- Maintain strong energy and presence throughout classes
- Learn and use member names
- Support a welcoming and inclusive environment
- Arrive prepared and on time for every shift
- Work collaboratively with the coaching team
- Help maintain studio standards and tidiness

Key Requirements:

- Level 3 Personal Training qualification (or equivalent)
- Group coaching experience preferred

How to apply

Application Method :

Please apply to the vacancy by the following means:

Email : blackrockdublin@f45training.ie

Phone : 0879144800



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- Strong understanding of functional training and movement patterns
- Confident voice projection and class control
- Reliable and punctual
- Positive, team-oriented attitude
- Open to feedback and ongoing development
- Availability for evenings and weekends

What We Offer:

- Supportive and professional team environment
- Clear onboarding and coaching pathway
- Performance-based progression
- Ongoing development and feedback
- A strong community-driven studio culture

- **Sector:** human health and social work activities

Career Level

- Entry Level