



Office Use <input type="checkbox"/>	Date Contacted _____
Result _____	

**BODY EXPRESS EMPLOYMENT APPLICATION**

Date of Application: \_\_\_\_\_

Name in full: (include preferred name) \_\_\_\_\_

Age: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

How did you find out about the job vacancy? \_\_\_\_\_

Position applied for: \_\_\_\_\_

Thank you for applying for a position with us. Please answer as many of the following questions as you can or wish to. Feel free to enclose any additional information that you feel would be of interest. Feel free to write on the back of these pages if your answer to any question requires more space. Successful interviewees may be required to do a half day unpaid work experience in the club prior to the final decision being made. This is not only part of our recruiting procedure but is also designed to ensure that you are fully aware of what the job entails. Best wishes with your application.

**CONTACT DETAILS**

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_

Phone Home: \_\_\_\_\_

Work: \_\_\_\_\_

Mobile: \_\_\_\_\_

Citizenship: \_\_\_\_\_

If not an Australian citizen do you have permanent residency or a current work visa? Yes (.....)

No (.....)

If on a visa, how long can you commit to being in this area? \_\_\_\_\_

Are you working at present? \_\_\_\_\_

If Yes, do you intend to leave your current job? \_\_\_\_\_

**EMPLOYMENT HISTORY**

Please give details of your current or most recent work first and work backwards.

Please give accurate reasons for leaving employment as we often contact previous employers.

<u>Employer</u>	<u>Contact Name</u>	<u>Your Position</u>	<u>From</u>	<u>To</u>	<u>Reason For Leaving</u>
-----------------	---------------------	----------------------	-------------	-----------	---------------------------

Most recent ⇄


Please write in the contact phone numbers of your last three employers if you know them, including overseas numbers if applicable.


**EDUCATION**

Please include any related courses and updates.

Educational Organisation                      Course Name                      From                      To                      Qualification

Most recent ⇨

---

---

---

---

---

---

---

---

Please circle any course that you are currently attending and give your attendance times on back of page.

**AVAILABILITY**

On what basis do you seek work? Full time  Part time  Casual  Will consider any

Minimum hours available per week?                      Maximum hours?                      Date available if appointed:

Do you have any restrictions as to the days and times that you can work?                      Yes  No

If yes, what days and times **are you available?** (see below)

Tick if available                      Give times available                      (Note: We are open from 5.30 am to 9.30 pm Mon to Thu and Fri 5.30am to 8.30 pm)

Mon                       Tues                       Wed

Thurs                       Fri

Sat                       Sun                       (Note: We are open on weekends Sat 7.00am to 7.00pm and Sun 8.00am to 7.00pm)

Instead of paying award rates during the week and weekend loadings, Body Express pays a higher a 'all-up-casual' rate covering all days, including weekends and public holidays. Are you happy to work on this basis?

How would you travel to work?                      Do own a car?

**PERSONAL TRAINING**

All Personal Training at Body Express is 'internal', where clients pay the club and we pay the trainers, all of whom do gym supervision hours and deliver Personal Training in their own hours, thereby developing a clientel. Does this opportunity interest you?

**90 DAY PROBATION PERIOD**

It is our policy that every new employee (full time and part time) is employed on a probation basis for the first 90 days. This is to give the company and the new employee the opportunity to terminate the employment without notice and without reason, any time within the first 90 days. In the event that you are offered employment, do you accept this condition? Yes  No  Initials: \_\_\_\_\_

**WHAT TYPE OF WORK DO YOU SEEK?**

(Please be specific) (Please also indicate if you wish to keep an existing job, supplemented with extra part time or casual work)

If you are not offered the position for which you applied would you consider other positions? Yes  No

If applying for a sales or technical position: Would you be willing to undergo probationary training and do about 40 hours of unpaid home study with our materials in order to prepare yourself? Yes  No  Comments:

## WHY YOU?

---

What are your perceptions of the role that you have applied for? Feel free to write on the back.

---

---

---

What qualities or talents do you have that you feel will make you good in this role?

---

---

Have you applied to Body Express before? (if yes, please give details)

---

## STUDY PLANS

---

Are you currently or do you have plans to study or do a course? If yes give details.

---

## SPECIFIC FITNESS TRAINING

---

Are you a current Registered Fitness Leader? Yes  No  If NO, do you intend doing a course to become registered? Yes  No

---

Do you have up-to-date CPR certification? Yes  No  If NO, do you intend doing a course to become up-to-date? Yes  No

---

Do you have Austswim swim teachers certification? Yes  No

---

## YOUR HEALTH AND FITNESS

---

Have you had any health or injury problems that could affect your capability to do normal duties in a fitness club?

---

If yes please specify:

---

Describe what sort of shape you are in:

---

Are you involved in any sport? If yes, give details:

---

Give an overview of your own current exercise programme:

---

Do you smoke?

---

Have you ever been a member at a fitness club? If yes, give details. (Club, M'ship cost, date)

---

---

Have you ever been convicted or charged with a criminal offence, which is relevant to the duties that you would be required to perform

in the position for which you are applying?

---

## PERSONALITY AND COMMUNICATION SKILLS

How would past workmates describe your personality?

Do you prefer to work in a team or alone?

How do you like to be managed?

Describe your conversational skills:

What does giving "good customer service" mean to you?

Describe how you would handle an unhappy customer:

Would you say that you are:    Mainly ...                      PEOPLE orientated                       or                      TASK orientated

Would you say that you are:    Mainly ...                      INTROVERTED                       or                      EXTROVERTED

Regarding your work, what is most important to you? (Give short answers in order of priority, 1 being the most important)

1.

2.

3.

4.

## GOALS

What are your career goals? What would you like to be doing in...

6 Months

12 Months

3 Years

Other:

## INSTRUCTIONS

1. Please feel free to attach any additional information (and optional photo) to this application that you feel might be of interest.
2. DO NOT SEND ORIGINAL CERTIFICATES OR VALUABLE PHOTOGRAPHS.

Thank you for applying for work with us.

Fax this application to:                      **The Manager - Body Express - Fax (02) 9365 7698**

Mail this application to:                      **Body Express - PO Box 7236 Bondi Beach 2026**

Deliver this application to:                      **The Manager - Body Express - Level B1 Swiss Grand Hotel,  
Campbell Parade, Bondi Beach. 2026.**

Scan and email this application to:                      **info@bodyexpress.com.au**