

Personal Trainer

Job Description:

This position supports the work of the Y, a leading nonprofit committed to strengthening community through youth development, healthy living and social responsibility. Interacts with new and existing members to help them in achieving their health and well-being goals. Creates a welcoming environment for all members of all backgrounds and abilities. Conducts personal training sessions with clients.

Qualifications

- Degree in exercise science, or a related field from an accredited college. Bachelor's degree in exercise science, or a related field from an accredited college or university a plus.
- Personal Training Certification (NASM, NSCA, ACE, AFAA, ACSM)
- Previous YMCA experiences, or experience in personal training, and health and wellness programming.
- Required certifications: CPR, First Aid, AED, national certification (ACE, NETA, AFAA, NASM or related) in group fitness instruction or YMCA Foundations of Group Exercise certification.
- YMCA Healthy Living Orientation certification and Listen First within 60 days of hire.
- At least one year of experience teaching group wellness classes preferred.

Functional Expertise

- Provide excellent member service by exceeding member expectations; greet and acknowledge all members to encourage Personal Training.
- Monitor the wellness center as fitness members use the equipment to ensure their general safety and equipment function; enforces all member codes of conduct, rules and policies including, but not limited to, age restrictions, dress codes, language and proper use of YMCA equipment and facilities.
- Demonstrates correct stances, posture, alignment and technique during wellness consultation and healthy lifestyles sessions; Shows safe, effective ranges of motion and exercise control. Demonstrates strength & endurance maintaining role-model form throughout.
- Completes daily cleaning tasks as assigned, and records their completion.
- Take professional initiative to offer information, promote and sell personal training and additional YMCA health & wellness services & programs.
- Integrate the mission of the YMCA and follow the core values of honesty, caring, respect and responsibility into the healthy living aspect of job responsibilities.
- Assists Wellness Director with administrative tasks that include keeping accurate records of scheduled, rescheduled and cancelled Personal Training appointments.
- Ask and answer questions from program participants and members to support them in achieving their goals related to health and well-being.

- Maintain working knowledge of wellness and trends to provide effective information and support to members.
- Build effective, authentic relationships with members; helps members and program participants connect with each other and the YMCA.
- Observe and adjusts approach to support all participants' capabilities, physical conditions, health, and culture.
- Celebrate achievement of program participants related to program or personal goals, mastering of specific skills or overall health and well-being.
- Follow YMCA policies and procedures; responds to emergency situations.
- Act as a role model and incorporate character development values of caring, honesty, respect, and responsibility into the daily operation of the fitness department.

Physical Requirements

- Lift maximum of 45 pounds
- Stamina to lead group fitness exercises
- Demonstrate, explain, and assist participants with exercises and proper form

Cause-driven Leadership® Competencies

- **Advancing Our Mission and Cause:** Provide visionary leadership to the organization and to ensure that all resources are mobilized to adapt to new challenges and needs in the community
- **Building Relationships:** Connect people to the Y's cause by developing inclusive relationships, partnerships and collaborations so that the Y's can co-create solutions to pressing social needs
- **Leading Operations:** Ensure relevance, effectiveness, and sustainability of the organization so that we can continue to fulfill our promise to the community
- **Developing & Inspiring People:** Support the holistic development of self and others so that everyone can embrace the Y's cause, sustain the Y's culture, and inspire others to take individual and collective action to further our impact