



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PERSONAL TRAINER

Job Title: **Personal Trainer**
FLSA Status: Part or Full Time
Reports to: Zandra Golter, Wellness Director

Job Grade: 11
Revision Date: 1/8/2024
Primary Function/Department: Wellness

POSITION SUMMARY:

This position supports the work of the Y, a leading nonprofit committed to strengthening community through youth development, healthy living and social responsibility. Instructs clients in a safe, enjoyable, and positive environment that welcomes and produces results in people of all skill and fitness levels. Effectively builds wellness knowledge in client which will help sustain new behaviors. Modifies workout as needed to meet varied health, ability and cultural needs.

OUR CULTURE:

Our mission and core values are brought to life by our culture. In the Y, we strive to live our cause of strengthening communities with purpose and intentionality every day. **We are welcoming:** we are open to all. We are a place where you can belong and become. **We are genuine:** we value you and embrace your individuality. **We are hopeful:** we believe in you and your potential to become a catalyst in the world. **We are nurturing:** we support you in your journey to develop your full potential. **We are determined:** above all else, we are on a relentless quest to make our community stronger beginning with you.

ESSENTIAL FUNCTIONS:

1. Design workouts that follow the structure of warm-up, workout & cool-down. Workouts need to incorporate logical structuring & inverse relationships with muscle groups & level of technical movements.
2. Leads energizing, fun, safe, and educational sessions, as directed by the supervisor, to accomplish the YMCA mission and goals.
3. Asks and answers questions from clients to support them in achieving their goals related to health and well-being.
4. Maintains working knowledge of wellness and trends to provide effective information and support to members.
5. Builds effective, authentic relationships with members; helps members and clients connect with each other and the YMCA.
6. Observes and adjusts approach to support all clients' capabilities, physical conditions, health, and culture.
7. Celebrates achievement of client's related to program or personal goals, mastering of specific skills or overall health and well-being.
8. Keeps accurate attendance records.
9. Follows YMCA policies and procedures; responds to emergency situations.
10. Performs other duties as assigned.



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LEADERSHIP COMPETENCIES:

- Mission Advancement
- Collaboration
- Operational Effectiveness
- Personal Growth

QUALIFICATIONS:

1. Required certifications: CPR, First Aid, AED within 30 days of hire.
2. National certification (ACE, NETA, AFAA, NASM) in Personal Training
3. Certification in areas of expertise.
4. YMCA Healthy Lifestyles certification within 60 days of hire.
5. One year of experience preferred.

WORKING ENVIRONMENT & PHYSICAL DEMANDS

- The physical demands described here are representative of those that must be met by an employee to successfully perform the essential functions of this job. Reasonable accommodations may be made to enable individuals with disabilities to perform the essential functions.
- Ability to conduct classes and activities.
- Ability to perform all physical aspects of the position; including leading class, walking, standing, bending, reaching, and lifting.

SIGNATURE:

I have reviewed and understand this job description.

Employee's name

Employee's signature

Today's date: _____