



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NORM WAITT SR. YMCA JOB DESCRIPTION

Job Title: **Personal Trainer**
Status: P/T Non-Exempt
Reports to: Wellness Director
Department: Wellness
Revision Date: April 4, 2019

POSITION SUMMARY:

This position supports the work of the Y, a leading nonprofit, charitable organization committed to strengthening community through youth development, healthy living and social responsibility. The Personal Trainer leads individual and group training sessions in a safe, enjoyable, and positive environment that promotes member wellness and engagement in accordance with YMCA policies and procedures.

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. Leads energizing, fun, safe, and educational individual or small groups, as directed by the supervisor, to accomplish the YMCA mission and goals.
2. Answers questions from members to support them in achieving their goals related to healthy living.
3. Maintains working knowledge of wellness and trends to provide effective information and support to members.
4. Builds effective, authentic relationships with members; helps members and program participants connect with each other and the YMCA.
5. Observes and adjusts approach to support all participants' capabilities, physical conditions, health, and culture.
6. Celebrates achievement of program participants related to program or personal goals, mastering of specific skills or overall health and well-being.
7. Coach and reinforce correct biomechanics and exercise form.
8. Keeps accurate Member attendance, fees paid, goals, workouts, progression & results.
9. Maintains the wellness area's appearance and organization to ensure safety and a welcoming atmosphere for members and guests.
10. Follows YMCA policies and procedures; responds to emergency situations.
11. Demonstrates and supports the objectives of the Y's mission statement and values by maintain the Y-Voice in all that you say and do ~ welcoming, hopeful, determined, genuine, and nurturing.
12. Perform additional duties as assigned.

The Y: We strengthen the community through youth development, healthy living, and social responsibility.

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YMCA COMPETENCIES (Leader):

- Communication & Influence
- Developing Self & Others
- Inclusion
- Program/Project Management

QUALIFICATIONS:

1. Must complete the following trainings:
 - CPR/AED/First Aid Certifications or equivalent certifications approved by the YMCA
 - Blood Borne Pathogens Training or equivalent training approved by the YMCA
 - Emergency procedure training
2. Required certifications: national certification (ACE, NETA, AFAA, NASM) in personal fitness, personal trainer or sports and conditioning.
3. Previous experience in training clients one on one is preferred.
4. At least 21 years of age.

WORK 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 Lift 25 pounds using proper technique.
- Ability to plan and lead personal training sessions for all ages and abilities.
- Work in a team environment and encourage open communication regarding concerns/issues with children, parents or co-workers.

EFFECT ON END RESULT:

- The Y will be recognized by the community as providing consistently excellent personal training and quality outcome based programing that encourages and reinforces a healthy and active lifestyle.
- The Y will effectively connect and build relationship with its members and the community, increasing member enrollment and retention and ultimately increasing the number of people positively impacted by the Y.

SIGNATURE:

Today's date: _____

I have reviewed and understand this job description.

Employee's name

Employee's signature

Supervisor's name

Supervisor's signature

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