



YMCA PERSONAL TRAINER JOB DESCRIPTION

POSITION SUMMARY

Responsible for promoting fitness and wellness through the YMCA personal training program. He/she must understand and have a commitment to serving the general population in their pursuit of health and well-being; be proficient in developing and facilitating safe, well-planned individual and small group sessions; be able to build positive relationships with members and staff and be a role model for them, exemplifying high standard and values; and manage those functions in accordance with the mission, goals, and policies stated by the YMCA.

ESSENTIAL FUNCTIONS

1. Work with clients to plan safe, effective workout sessions helping them meet desired health goals.
2. Conduct fitness assessments and personal training appointments with members and maintain records of such.
3. Communicate/follow-up with members in a timely manner.
4. Ensure that all YMCA personal training policies are being adhered to by your own actions and the actions of your clients.
5. Be sure that all sessions are financially accounted for by your clients and class participants and all payment receipts are properly handled.
6. Follow all tracking policies as directed by supervisor.
7. Assist in the promotion of the YMCA personal training program.
8. Maintain clean work environment and equipment, including proper use of equipment.
9. Be knowledgeable of all health & wellness programs so you can inform members.
10. Attend staff meetings.
11. Utilize the Daxko Engage membership engagement program, following protocol from Process Manual.
12. Other duties and responsibilities assigned by the supervisor.
13. Exemplify and implement the YMCA Health & Wellness standards of quality, including dress code.

SKILLS & REQUIREMENTS

- Hold a certification in personal training by a recognized certifying organization (ACSM, ACE, AFAA, NSCA, NASM, etc.)
- Hold a certification in CPR.
- Flexible schedule. Early morning, evening, and weekend hours.
- Customer Service
- Dependable
- Good judgment skills

REPORTABILITY Reports directly to the Senior Program Director

ACCOUNTABILITY Accountable for the successful operation and completion of all assigned tasks and functions.

YMCA Mission: To put Christian principles into practice through programs that help build healthy spirit, mind, and body for all.