



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Job Title: **Personal Trainer**

FLSA Status: Non-exempt

Status: Part-time

Reports to: Health & Wellness Coordinator

Department: Health & Wellness

Revision Date: 7/18/2019

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. A Personal Trainer is responsible for planning and leading a range of individualized exercise sessions for clients in the fitness center and weight room areas. To provide a safe, enjoyable and positive environment that is educational and motivational. The essential functions will be carried out in keeping with the Goals and Mission of the Goldsboro YMCA.

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

- Administer/evaluate health history questionnaires and other pre-participation documentation with regard to individual exercise programs.
- Administer and interpret health/fitness assessments.
- Develop and implement individualized exercise programs including cardiovascular, resistance training, flexibility, balance/stability, and postural components.
- Demonstrate and instruct clients on proper exercise technique and use of equipment.
- Track client progress and maintain appropriate documentation in participant files.
- Ensure safety guidelines are followed.
- Maintain required CEC's, national certifications and CPR/First Aid/AED certifications.
- Adhere to all facility guidelines and expectations.

YMCA COMPETENCIES:

Engaging Community: Builds bridges with others in the community to ensure the Y's work is community-focused and welcoming of all, providing community benefit

Communication & Influence: Listens and expresses self effectively and in a way that engages, inspires, and builds commitment to the Y's cause

Inclusion: Values all people for their unique talents, and takes an active role in promoting practices that support diversity, inclusion, and global work, as well as cultural competence

Innovation: Creates and implements new and relevant approaches and activities that improve and expand the Y's work and impact in the community

Developing Self & Others: Develops self and supports others (e.g., staff, volunteers, members, program participants), both formally and informally, to achieve their highest potential



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QUALIFICATIONS

1. Minimum of 2 years experience in personal training.
2. CPR/First Aid/AED certifications.
3. Nationally-accredited personal training certification such as the American College of Sports Medicine (ACSM), American Council on Exercise (ACE), National Strength and Conditioning Association (NSCA), and National Academy of Sports Medicine (NASM).
4. Knowledge of and the ability to demonstrate all exercise equipment.
5. Excellent customer service skills and verbal communication skills.
6. Ability to work with all age groups and ability levels.

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.
- Sufficient strength, agility and mobility to perform essential functions, including demonstrating exercise techniques. May require lifting up to 50 lbs.

SIGNATURE:

I have reviewed and understand this job description.

Employee's name

Employee's signature

Today's date: _____