



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Washington County Family YMCA Job Description

Position Title: Personal Trainer
Reports To: Wellness Lead & Associate Executive Director
FLSA Classification: Hourly
Status: Part-Time

Position Summary:

The Personal Trainer, under the direct supervision of the Wellness Lead and the Associate Executive Director, will be responsible and accountable for assisting in the development of the Health and Wellness department and supervision of Personal Training Programs held at the Washington County Family YMCA. The position helps to ensure that these programs are aligned with the Y's cause and meets the needs of our members and the community.

Know How:

The Personal Trainer must demonstrate a personal commitment to the mission of the YMCA. He/She must set the example for others to follow. Good communication skills (written and verbal) are essential, along with the ability to work effectively with people as a team. Must be able to promote the programs and services of the YMCA, dress appropriately to fit the task, friendly, and exhibit good health habits. This position requires good organizational skills, strong human relation skills, and the ability to adapt to a changing environment. The ability to maintain harmonious relationships with staff, volunteers, members, and guests are essential.

Cause-Driven Leadership® Competencies

Mission Advancement: Models and teaches the Ys values. Ensures a high level of service with a commitment to changing lives. Provides staff & volunteers with orientation, training, development, and recognition. Directs and supervises program activities to meet YMCA objectives. Cultivates relationships to support fund-raising.

Collaboration: Champions inclusion activities, strategies, and initiatives. Builds relationships within the community. Empathetically listens and communicates for understanding when negotiating and dealing with conflict. Effectively tailors communications to the appropriate audience. Provides staff with feedback, coaching, guidance and support.

Effectiveness: Provides others with frameworks for making decisions. Conducts prototypes to support the launching of programs and activities. Develops plans and manages best practices through engagement of team. Holds staff accountable for high-quality results using a formal process to measure progress.



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Personal Growth: Shares new insights. Facilitates change; models adaptability and an awareness of the impact of change. Utilizes non-threatening methods to address sensitive issues and inappropriate behavior or performance. Has the functional and technical knowledge and skills required to perform well; uses best practices and demonstrates up-to-date knowledge and skills in technology. Upholds guidelines as outlined in the Part-time Personnel Policy of the TWIN RIVERS YMCA.

Qualifications:

- The Personal Trainer will have specific knowledge of basic human anatomy and physiology as well as exercise prescription and training techniques. He/She must hold a nationally recognized personal trainer certification (ACSM, NSCA, ACE, AFAA, etc.)
- Within 30 days of hire completion of: Adult CPR; AED; First Aid.
- Training as a Wellness Coach within 30 days of employment

Essential Functions:

- Work with the Wellness Lead to develop the needs of the Personal Training Program.
- Acquire knowledge to develop safe and effective personalized fitness programs for clients, including cardiovascular, strength training, and flexibility components, based on their goals and motivations.
- Perform fitness assessments including body fat composition, strength, and flexibility and cardiovascular functions.
- Promote the Personal Training Program to the members of the YMCA & recruit members for the program during your time within the Wellness Center.
- Setup and maintain equipment, store and secure equipment upon completion of each session.
- Create a positive working environment which encourages and motivates others to become more involved in the YMCA.
- Maintain and evaluate the fitness equipment, reporting the needs of the program to the Wellness Lead.
- Demonstrate proper form/technique and verbally cue members; correct form is necessary
- The Personal Trainer will maintain their certifications and stay current with exercise techniques
- Attend meetings when requested
- Attend all mandatory trainings as needed.
- Maintains and cleans equipment according to the schedule or as requested by supervisor.
- Run new and returning YMCA members through a thorough Wellness Consultation shows how to use eligible equipment based upon their age*
 - Cardio only (12-14yrs)
 - Cardio & Cybex (15-16yrs)
 - All equipment (16 & above)
 - go over necessary member cleaning procedures
 - help members identify acceptable and safe workouts and machines to use based upon their abilities & goals



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- provide knowledge of YMCA programs & classes that the member may be interested in or benefit from.

*ages are a base-line determination. If members can prove they have a higher knowledge of gym equipment, more equipment may be available to use.

- Uses Daxko Engage portal to document member notes & interactions.

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 perform all physical aspects of the position, including walking, standing, bending, reaching, and lifting.
- Able demonstrate proper techniques on equipment & in basic exercises.