



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

BATH AREA FAMILY YMCA JOB DESCRIPTION

Job Title: **Personal Trainer**

Revision Date: 7/30/21

FLSA Status: Non-Exempt

Primary Function/Department: Membership

Reports to: Health & Wellness Director

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. Under the supervision of the Wellness Director, the Personal Trainer will assist with motivating and educating our fitness members at the St. Cloud Area Family 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:

1. Design safe and effective 30 minute to 1-hour personal training programs for individual clients, adapting the strength training program to each person's specific needs and abilities.
2. Instruct members in the strength training principles, training procedures, and exercise techniques.
3. Teach members the proper and preferred use of all the strength training equipment.
4. Inform members of new information regarding strength training safety and effectiveness.
5. Provide individual supervision and reinforcement during members' training sessions.
6. Promote Personal Training through personal example and member interaction.
7. Help maintain a neat, clean, and pleasant environment on the Wellness floor
8. Attend scheduled Personal Trainer staff meetings and participates in appropriate workshops
9. Stay current on fitness concepts and ideas
10. Attend continuing education courses and mandatory trainings

The Y: We're for youth development, healthy living, and social responsibility.



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LEADERSHIP COMPETENCIES:

- Engaging Community
- Communication & Influence
- Developing Self & Others

QUALIFICATIONS:

- Minimum 18 years of age
- CPR/First Aid Certified within 30 days of hire
- New Staff Orientation required within 90 days of hire
- Child Abuse Prevention Training required within 90 days of hire
- Experience in fitness instruction required. Personal Training certification required to train
- Bachelor's degree preferred
- Interpersonal communication skills required
- Ability to work with youth and adults from beginner to advanced levels of fitness experience
- Must have the physical, visual and auditory ability to perform the essential functions of the job
- Personal Trainer must abide by YMCA policies, procedures and guidelines
- Complete incident reports as necessary

WORK ENVIRONMENT & PHYSICAL DEMANDS:

This position is required to be performed on the YMCA premises. Regular interaction with members and staff. Supervision received from the Wellness Director. May also take direction from senior staff.

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. While performing the duties of this job, the employee is regularly required to stand; walk; reach with hands or arms; lift and/or move up to 50 pounds; climb or balance; and stoop, kneel, crouch, or crawl. The employee may be required to sit; use hands to finger, handle, or feel objects, tools, or controls; and talk or hear. Must be physically fit to lead a class at the appropriate level