



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PIEDMONT FAMILY YMCA JOB DESCRIPTION

Job Title: **Personal Trainer**
Leadership: Leader
Status: P/T
Reports to: Wellness Coordinator

Pay Range: \$28-\$45+
FLSA Status: Non-Exempt
Department: Wellness
Revision Date: 6/2/23

POSITION SUMMARY:

This position supports the work of the YMCA, a leading nonprofit committed to strengthening community through Youth Development, Healthy Living and Social Responsibility. Instructs individual member clients, provides excellent service to members in a safe, enjoyable, and positive environment that promotes member wellness and engagement in accordance with YMCA policies and procedures.

ESSENTIAL FUNCTIONS:

- Conducts energizing, fun, safe, and educational training sessions.
- Conducts fitness evaluations (e.g., step test, flexibility, resting heart rate, blood pressure, and heart rate) following the Y's way to physical fitness protocol; uses information from evaluations to help members set and reach their fitness/wellness goals; perform follow up testing to ensure goals are being met (as per needed).
- Conducts one or two FitPath Orientations weekly.
- Builds effective relationships with members; helps members connect with each other and the YMCA.
- Maintains working knowledge of wellness and trends to provide effective information and support to members.
- Keeps accurate and confidential member records including health and wellness assessments, personal information, fitness routines and training schedules.
- Demonstrates proper operation and correct use of fitness equipment; assists with exercise techniques and helps develop member's knowledge of physiology and exercise.
- Refrains from diagnosing injuries, offering medical advice and dispensing or endorsing any and all commercial health products especially nutritional supplements, vitamins, performance enhancing substances and pain relievers.
- Follows YMCA policies and procedures; responds to emergency situations.
- Adheres to YMCA's core values of caring, honesty, respect, and responsibility.
- Wears required Y-designated uniform including name tag while working and representing the Y.
- Performs other duties as assigned. Available to train evenings and weekends.

LEADERSHIP COMPETENCIES:

Advancing Our Mission & Cause: Engaging Community, Volunteerism, Philanthropy, Change Leadership

Building Relationships: Collaboration, Communication & Influence, Inclusion

Leading Operations: Critical Thinking & Decision Making, Fiscal Management, Functional Expertise, Innovation, Program/Project Management

Developing & Inspiring People: Developing Self & Others, Emotional Maturity

QUALIFICATIONS:

- Required certifications: CPR, First Aid, AED, national personal training certification (including but not limited to ACE, NETA, AFAA, NASM, ACSM, NSCA).
- YMCA New Employee Orientation within 30 days of hire.
- Must obtain YMCA certifications within 6 months of employment, these include, but are not limited to, YMCA Principles of Healthy Lifestyles and YMCA Foundations of Strength & Conditioning.
- At least one year of experience as a personal trainer preferred.
- Continuing educations/renewals of certifications kept up to date and submitted to the supervisor on or before certifications expire.

WORK ENVIRONMENT & PHYSICAL DEMANDS:

- Ability to conduct personal training sessions and activities relating to fitness.
- Ability to perform all physical aspects of the position; including walking, standing, bending, reaching, and lifting.
- Repetitive stooping and bending with occasional lifting of up to 20 pounds is required.

SIGNATURE:

I have reviewed and understand this job description.

Employee's name _____ Employee's signature _____

Today's date: _____