



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PIEDMONT FAMILY YMCA JOB DESCRIPTION

Job Title: **Personal Trainer**

Pay Range: starting at \$24 per hour

Status: P/T

FLSA Status: Non-Exempt

Reports to: Wellness Director

Department: Wellness

Revision Date: 9/22/2021

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. 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.
- 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 member client attendance records.
- Follows YMCA policies and procedures; responds to emergency situations.
- Adheres to YMCA's core values of caring, honesty, respect, and responsibility.

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 (ACE, NETA, AFAA, NASM, ACSM, NSCA).
- Certification in areas of expertise.
- YMCA New Employee Orientation and Child Abuse Prevention Training within 30 days of hire.
- 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, andifting.

SIGNATURE:

I have reviewed and understand this job description.

Employee's name _____

Employee's signature_____

Today's date: _____