



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Personal Trainer

FLSA Status: Part time hourly, \$15 - \$19
Reports to: Fitness Director

POSITION SUMMARY

We are looking for an energetic Fitness professional able to assist our Fitness Director in operating the Wellness Department. This position supports the work of the Y, a leading nonprofit committed to strengthening community through youth development, healthy living and social responsibility. Interacts with new and existing members to help them in achieving their health and well-being goals. Creates a welcoming environment for all members of all backgrounds and abilities.

ESSENTIAL FUNCTIONS

- Available to train from 6 a.m. to 9 a.m., and/or evenings from 5 p.m. to 8 p.m., as well as available for clients on the weekend.
- Participation in various fitness related events hosted by the Y.
- Able to create a customized plan to help your client reach their needs, teach them proper form and technique, as well communicate clearly and professionally between clients and staff.
- Able to organize client documents, track training sessions and abides by HIPPA standards.
- Participation in quarterly mandatory Fitness meetings.
- Ability to engage class clients in an educational, friendly, and fun atmosphere.
- Reports to the Fitness Director with any questions relating to the Fitness Department.

QUALIFICATIONS

- Maintain a current National Commission for Certifying Agencies (NCCA) accredited certificate of Personal Training is required.
- Minimum 2 years' experience in Personal Training.
- Specialty certifications are encouraged.
- CPR, First Aid, AED certifications; Child Abuse Prevention training within 30 days of hire date.
- Good communication skills with the ability to relate effectively to diverse groups of people from all social and economic segments of the community.

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 45 pounds +.

CONTACT

Applications available online at GenevaLakesYMCA.org or at the Front Desk.
Submit applications to Emily Thielsen via email, emily.thielsen@glymca.org or direct any questions to 262-248-6211x17.