



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA OF DOUGLAS COUNTY JOB DESCRIPTION

Job Title: **Personal Trainer**
Reports to: Healthy Living 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 Personal Training Coordinator, the Personal Trainer is responsible for working closely with individual members providing instruction and motivation toward a healthy lifestyle in one on one, semi-private, or small group training sessions. The Personal Trainer meets each client's individual needs by developing effective and safe exercise programs according to the client's goals and level of fitness offering a wide range of appropriate exercise choices in accordance with YMCA policies and procedures.**

OUR CULTURE:

Our mission is to build strong kids, strong families, and strong communities. In the Y, we strive to model the character values of caring, respect, responsibility and honesty every day. **We are welcoming:** we are open to all. We are a place where you can belong. **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.

MAJOR TASKS, DUTIES, AND RESPONSIBILITIES

- Work privately or semi-privately with various clients.
- Obtain a medical history of each client to ensure safety.
- Clearly identify and encourage each clients goals.
- Create safe and effective individualized exercise programs based on analysis of participant's goals.
- Assist in developing new programs/activities for clients and prospective clients.
- Track client's workout routines and progress in an organized manner.
- Maintain accurate records of all sessions conducted.
- Return all client and client-referrals calls within 24 hours.
- Provide quality feedback to clients for training motivation and adherence.
- Adhere to all safety and emergency procedures and protocols.
- Participate in staff meetings and YMCA trainings as scheduled.
- Obtain and maintain fitness certifications through continuing education classes, seminars, workshops, and exams.
- Develop and maintain professional relationships with members.
- Know and adhere strictly to YMCA professional and ethical guidelines.
- Communicate regularly with supervisor.
- Provide exemplary customer service at all times.

SECONDARY TASKS, DUTIES AND RESPONSIBILITIES

- Mandatory reporter of suspected abuse and/or neglect of children, elders and individuals with
- Living by the YMCA's core values – Honesty, Caring, Respect, Responsibility.
- Lift more than 50 lbs.

KNOWLEDGE REQUIREMENTS AT JOB ENTRY (or shortly thereafter , meaning education or training in process at time of hire that will be completed soon):

- Education: HS diploma/GED
- Experience: 1 year
- Certification/Training Hours: Personal Trainer Certificate or a degree of equivalent qualification

QUALIFICATIONS AND SKILL LEVEL AT JOB ENTRY

- Skill Level at Entry: Intermediate
- National accredited Personal Training Certification (includes CPR & AED).
- Extensive knowledge of exercise, strength and cardiovascular equipment.
- Desire to initiate, support and implement new programs that will benefit the fitness participants, staff, and the YMCA movement.
- Display mature judgement and sound decision-making.
- Possess excellent member service skills.
- Possess excellent written and interpersonal communication skills.

OTHER REQUIREMENTS:

- Be able to work flexible hours mandated by member and/or participant needs and according to a schedule of availability.
- CPR/AED/First Aid certification within 60 days.
- Maintain required Personal Trainer Continuing Education Credits and national certifications.
- Pass a background check.
- Capable of performing all physical aspects of the position, including walking, standing, bending, reaching, and lifting more than 50 pounds at a time and performing technical skills of fitness testing, and moving heavy equipment on a daily basis.
- Wear identifiable YMCA Personal Trainer attire while working with clients.
- Must report all time worked accurately and timely.

Please reply and submit application to amarx@ymcaofdouglascounty.org