



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ANDERSON FAMILY YMCA

Job Title: **Personal Trainer**
FLSA Status: Non-Exempt
Status: Part Time
Reports to: Sr. Program Director

Job Code: N/A
Job Grade: N/A
Department: Healthy Living
Revision Date: 4-3-2018

POSITION SUMMARY:

Instructs member clients in individual and group settings. Trains member clients in a safe, healthy, and respectful environment. Also, demonstrates a commitment to YMCA core values - Caring, Honesty, Respect, and Responsibility. Ensures core values are reflected in program content and execution.

PAY RATE & BENEFITS:

\$13.50-\$20 per session
Free YMCA Membership
50% off of all YMCA of Madison County programs

ESSENTIAL FUNCTIONS:

1. Have good speaking ability, and display an outgoing personality, enabling him/her to relate well to members.
2. Ability to lead individuals or groups during sessions, respond to safety and emergency situations, motivate and educate members, and set up, move and store class equipment.
3. Ability to coach private & semi-private lessons & build individual clientele base.
4. Provide positive and regular feedback to program participants, know individual's names and use their names when speaking to members.
5. Attend designated trainings and staff meetings.
6. Perform other duties as assigned by supervisor or management staff.
7. Support the annual Invest in Youth Campaign and other fundraising activities.
8. Uphold guidelines as outlined in the Employee Handbook of the Association.

YMCA COMPETENCIES (Leader):

Mission Advancement: Accepts and demonstrates the Ys values. Demonstrates a desire to serve others and fulfill community needs. Recruits volunteers and builds effective, supportive working relationships with them. Supports fund-raising.

Collaboration: Works effectively with people of different backgrounds, abilities, opinions, and perceptions. Builds rapport and relates well to others. Seeks first to understand the other person's point of view, and remains calm in challenging situations. Listens for understanding and meaning; speaks and writes effectively. Takes initiative to assist in developing others.

Operational Effectiveness: Makes sound judgments, and transfers learning from one situation to another. Embraces new approaches and discovers ideas to create a better member experience. Establishes goals, clarifies tasks, plans work and actively participates in meetings. Follows budgeting policies and procedures, and reports all financial irregularities immediately. Strives to meet or exceed goals and deliver a high-value experience for members.

Personal Growth: Pursues self-development that enhances job performance. Demonstrates an openness to change, and seeks opportunities in the change process. Accurately assesses personal feelings, strengths and limitations and how they impact relationships. Has the functional and technical knowledge and skills required to perform well; uses best practices and demonstrates up-to-date knowledge and skills in technology.

QUALIFICATIONS:

1. Minimum age of 18
2. High school diploma or GED required.
3. Current personal trainer/trainer-level certification in related discipline OR Y recognized certification or training program.
4. Must be CPR/First Aid certified or within 30 days of hire.
5. Complete YMCA required training including New Employee Orientation within 90 days of hire.

WORKING 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 conduct classes and activities.
- Ability to perform all physical aspects of the position; including leading sess, walking, standing, bending, reaching, and lifting.

SIGNATURE:

I have reviewed and understand this job description.

Employee's name

Employee's signature

Today's date: _____