



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA OF GREATER KALAMAZOO JOB DESCRIPTION

Job Title: **Personal Trainer – Part-Time**

Pay Rate: **negotiable**

POSITION SUMMARY:

Instructs 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:

1. Create and instruct safe and appropriate exercise programs for members. (Caring, Responsibility, Honesty, Respect, Cause Driven, Exceed Expectation)
2. Communicate and interpret YMCA objectives and procedures to staff and participants. (Responsibility, Respect, Caring)
3. Build effective relationships with members; help members connect with each other and the YMCA. (Caring, Responsibility, Honesty, Respect, Cause Driven, Exceed Expectation)
4. Maintain working knowledge of wellness and trend to provide effective information and support to members. (Responsibility)
5. Follow YMCA policies and procedures; respond to emergency situations. (Caring, Responsibility, Honesty, Respect, Cause Driven, Exceed Expectation)

YMCA COMPETENCIES (Team Leader):

Mission Advancement: Accepts and demonstrates the Y's values. Demonstrates a desire to serve others and fulfill community needs. Recruits volunteers and builds effective, supportive, working relationships. Supports fundraising.

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 - 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. One to three years' experience in a related field
2. Required certifications: CPR, AED, National Certification (ACE, NETA, AFAA, NASM) in Personal Training or YMCA Foundations of Personal Training Certification.
3. Completion of the YMCA Personal Trainer Program is required before assignment of clients.

4. Must be able to instruct on a variety of resistance and cardiovascular equipment.

PHYSICAL DEMANDS:

1. Ability to conduct classes and activities relating to fitness.
2. Ability to perform all physical aspects of the position; including walking, standing, bending, reaching, and lifting.