



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Fergus Falls Area Family YMCA Job Description

Position Title: **Personal Trainer**
FLSA Status: Non-exempt
Reports to: Health & Wellness Director

FT or PT: Part-time
Revision Date: 09/08/2021
Primary Function: Healthy Living

POSITION SUMMARY:

Under the supervision of the Health & Wellness Director, the Personal Trainer will assist with motivating, educating, and training our members at the Fergus Falls Area Family YMCA.

OUR CULTURE:

Our mission and core values are brought to life by our culture. In the Y, we strive to live our cause of strengthening communities with purpose and intentionality every day. **We are welcoming:** we are open to all. We are a place where you can belong and become. **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.

ESSENTIAL FUNCTIONS:

1. Design safe and effective personal training programs for individual clients adapting the program to each person's specific needs and abilities.
2. Maintain files for personal training clients that includes the health history, number of sessions used and a record of workouts. This is to be turned in to the Health & Wellness Director when the last session is used.
3. Instruct members in the strength training principles, training procedures, and exercise techniques.
4. Teach members the proper and preferred use of all cardio and strength training equipment.
5. Inform members of new information regarding strength training safety and effectiveness.
6. Provide individual supervision and reinforcement during members' training sessions.
7. Provide excellent member service by greeting and acknowledging all members and encouraging wellness participation.
8. Help maintain a neat, clean and pleasant environment on the Wellness floor.
9. Encourage and enforce a safe environment and proper exercise techniques.
10. Attend scheduled staff meetings and participates in appropriate workshops, continuing education, and mandatory trainings.
11. Stay current on fitness concepts and ideas through credible Health & Wellness sources.
12. Maintain current certification.
13. Assist with working 'floor' hours and conducting new member orientations.

YMCA COMPETENCIES:

- Values
- Inclusion
- Relationships
- Functional Expertise
- Communication

QUALIFICATIONS:

- Nationally recognized Personal Trainer certification (ACSM, ACE, NSCA, NASM, required).
- Minimum 18 years of age.
- Strong interpersonal communication skills required.
- Must have the ability to work with all age groups and ability levels.
- Previous personal training experience preferred.
- Child Abuse Prevention and other specific Y training required within 30 days of employment.
- CPR, First Aid, and AED prior to employment or within 30 days of employment.
- Degree in Exercise Science or a related field from an accredited college a preferred.

PHYSICAL DEMANDS:

- Ability to walk, stand, and sit (including on the floor) for long periods of time.
- Exposure to communicable diseases and bodily fluids.
- Must be able to lift or carry at least 40 pounds in weight.
- Ability to stand or sit while maintaining alertness for several hours at a time.
- Position may require bending, leaning, kneeling, and walking.
- Visual and auditory ability to respond to critical situations and physical ability to act swiftly in an emergency.
- Ability to recognize and react calmly and effectively in the event of an emergency.

GENERAL Y BUSINESS:

1. Participate as a team player.
2. Effectively communicate the mission, vision, and values of the YMCA to everyone.
3. Basic knowledge of all programs and their functions.
4. Must follow the policies, procedures, and guidelines set forth in the Employee Handbook and according to the Health & Wellness Director.
5. All other duties as assigned.

ADDITIONAL ELIGIBILITY QUALIFICATIONS

Must be able to successfully pass a background check if over the age of 18.

EEO STATEMENT

The Fergus Falls Area Family YMCA (the Y) provides equal employment opportunities (EEO) to all employees and applicants for employment without regards to race, color, religion, sex, national origin, age, disability or genetics. In addition to federal law requirements, the Y complies with applicable state and local laws governing nondiscrimination in employment in every location in which the company has facilities. This policy applies to all terms and conditions of employment, including recruiting, hiring, placement, promotion, termination, layoff, recall, transfer, leaves of absences, compensation and training.

OTHER DUTIES

Please note this job description is not designed to cover or contain a comprehensive listing of activities, duties or responsibilities that are required of the employee for this job. Duties, responsibilities and activities may change at any time with or without notice.

I have read and understand my responsibilities as outlined in this job description.

Employee Printed Name

Date

Employee Signature

Date