



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

MARSHFIELD AREA YMCA, INC.

Job Description

Job Title: **Personal Trainer**

Class: **Part Time; Hourly**

Job Location: **YMCA-Marshfield Center, 410 W McMillan St, Marshfield, WI**

Reports to: **Healthy Living Director**

Hourly Wage Range: **\$12.92-\$19.39**

BENEFITS OF WORKING WITH THE YMCA:

- Free YMCA facility membership (a value of over \$1,000)
- Professional Development through Y-USA's learning & development programs
- YMCA Child Care discounts (based on availability in Child Care Program)
- YMCA Program discounts

POSITION SUMMARY:

Under the direction of the Healthy Living Director, and in accordance with the mission of the Marshfield Area YMCA, the Personal Trainer will assist YMCA members in finding new ways to inspire healthier habits through health & wellness. This position will work closely with members in promoting wellness and helping individuals realize their personal best. Personal trainers are responsible for developing relationships with members and assisting them through the process of actively working towards better health by providing support, encouragement, and education. The Personal Trainer will create a safe and enjoyable atmosphere by being assertive and courteous when enforcing Healthy Living Center and Strength Training Center rules, regulations, and policies.

QUALIFICATIONS:

- Must be at least 18 years of age.
- Degree in exercise science, or a related field from an accredited college. Bachelor's degree in exercise science, or a related field from an accredited college or university a plus.
- National certification (ACE, NETA, AFAA, NASM) in group fitness instruction.
- Previous YMCA experiences, or experience in personal training, and health and wellness programming.
- Certifications must be obtained and maintained within the first 30 days: CPR, AED, First Aid (training provided); YMCA Foundations of Strength & Conditioning (if not a certified Personal Trainer); Child Abuse Prevention and Bloodborne Pathogens.
- Must have a strong personal commitment to overall wellness; have a positive attitude and ability to work independently; and excellent communication and people skills.
- Must have a flexible schedule including some evenings and weekends.
- Ability to work with youth and adults from beginner to advanced levels of fitness experience.
- Must have the physical, visual and auditory ability to perform the essential functions of the job.



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ESSENTIAL FUNCTIONS:

- Follow all policies and procedures as outline in the Marshfield Area YMCA Employee Handbook.
- Good communication skills (written and verbal) are essential, along with a demonstrated ability to work effectively with people as part of a team.
- Build effective, authentic relationships with members. Welcome new members; greet and engage members and guests.
- Monitor the Wellness Center as members set the equipment to ensure their general safety and equipment function; enforce all member codes of conduct and rules and policies.
- Design safe and effective personal training programs for individual clients, adapting the strength training program to each person's specific needs and abilities.
- Provide individual supervision and reinforcement during members training sessions.
- Assist YMCA Healthy Living management with administrative tasks that include keeping accurate records of scheduled, rescheduled and cancelled appointments.
- Take professional initiative to offer information, promote and sell personal training and additional YMCA health and wellness services and programs.
- Work closely with Membership Staff and Healthy Living Staff to provide best collaborative member experience.
- Maintain a safe and clean environment in the Healthy Living Center and Strength Training Center. Inform supervisor immediately of any equipment issues or breakdowns, unsafe conditions or problems.
- Support fundraising initiatives.
- This position requires good organizational skills, strong human relation skills, ability to adapt to a changing environment, and knowledge of the YMCA operational procedures and programs.
- Attend meetings, trainings, and obtain additional certifications as requested.
- Respond to emergency situations.
- Perform other duties as assigned by supervisor.

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 walk, stand, and sit (including on the floor) for long periods of time.
- Position may require bending, leaning, kneeling, and walking and/or lift at least 30 pounds will be necessary.
- Sufficient strength, agility and mobility to perform essential functions of position.



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All offers for employment with the Marshfield Area YMCA, Inc. are contingent upon the candidate having successfully completed a criminal background check. We will consider people with criminal histories in a manner consistent with the requirements of applicable local, state, and Federal laws.

The Marshfield Area YMCA, Inc. is an Equal Opportunity Employer committed to valuing diversity and practicing inclusion.

We provide our employees with a robust employee benefits plan that focuses on the mental and physical wellness of our team. We strive to offer a flexible work environment that allows our team members to be productive in both their work and home lives.

We will ensure that individuals with disabilities are provided reasonable accommodation to participate in the job application or interview process, to perform essential job functions, and to receive other benefits and privileges of employment.