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FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## PERSONAL TRAINER

Job Title: **Personal Trainer**

FLSA Status: Non-Exempt

Job Code: 702

Job Grade: Level 1

Reports to: Wellness Coordinator

Revision Date: April 28, 2016

### POSITION SUMMARY:

Instruct personal training sessions; provide excellent service to members in a safe, welcoming and positive environment that promotes member wellness and engagement in accordance with YMCA-USA healthy eating and physical activity standards and branch/site wellness policies. Perform other duties as assigned by supervisor.

### ESSENTIAL FUNCTIONS:

1. Lead personal training sessions in a safe, effective and timely manner, appropriate to the level of the participants in the class enhancing the physical, mental and spiritual health of each client.
2. Develop and maintain professional relationships with members using a proactive approach (know and use member's names, approach members to provide guidance and make an effort to acknowledge all members throughout shift).
3. Instruct clients and members on correct position, form and body alignment to prevent injuries.
4. Promote the YMCA in a positive manner and keep member service as the primary objective at all times.
5. Adhere to safety guidelines as required, including child abuse prevention.
6. Attend YMCA meetings. Complete YMCA specific trainings and certifications as directed.

### YMCA COMPETENCIES (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 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. Associates degree in physical education, nutrition or relevant field; or equivalent education and experience.
2. Minimum age of 18.
3. First Aid, ARC CPRPRO and AED; Child Abuse Prevention training within 60 days of hire, national certification (ACE, NETA, AFAA, NASM) in personal training or YMCA equivalent.
4. Work effectively with people of different backgrounds, abilities, opinions and perceptions.

**PHYSICAL DEMANDS:**

1. Adequate mobility, sight and hearing to effectively supervise program participants.
2. Sufficient strength and agility to perform essential functions of position including the ability to lift approximately 50 pounds.
3. Ability to perform essential functions which may involve, but not limited to the following activities: standing; sitting; semi-to-full reaching overhead; crouching; kneeling; carrying; twisting of the waist, shoulders and legs.

**HOURS:**

Part Time: Morning, Afternoon, Evening, Weekend availability required

**PAY RATE:**

\$9.00-\$10.00 DOE to start (scheduled floor hours)

**LOCATION:**

North Branch

**TO APPLY:**

Submit cover letter, resume and YMCA job application to:

Amy Brewer

**Wellness Coordinator**

3910 Ellison Street  
Hope Mills, NC 28348

[amy.brewer@ymcaofthesandhills.org](mailto:amy.brewer@ymcaofthesandhills.org)

**No Phone Calls Please**