



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FAMILY YMCA OF BLACK HAWK COUNTY

JOB DESCRIPTION

Job Title: **Certified Personal Trainer**
FLSA Status: Non-Exempt
Reports to: Director of Healthy Living
Leadership Level: Team Member
Primary Function(s)/Department(s): Healthy Living

Revision Date: 5/1/2020

POSITION SUMMARY:

This position supports the work of the Y, a leading nonprofit, charitable organization committed to strengthening community through youth development, healthy living and social responsibility. The Certified Personal Trainer intentionally fosters a cause-centered culture that is welcoming, genuine, hopeful, nurturing and determined while ensuring quality wellness programming services that support membership connection and drive for wellness.

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. Excellent customer service and listen-first skills
2. Ability to maintain a high level of personal fitness and motivation for wellness
3. Delivers concise exercise prescription and take-home work for each client based on their personal goals and needs
4. Well versed in Chronic Disease programming and assisting individuals of all fitness levels and backgrounds
5. Maintain regular, clear and concise communication with Director of Healthy Living and front-line membership staff to ensure seamless promotion/quality experience for members
6. Achieve community credibility by upholding high personal standards for fitness and programming, and exemplary communication with community members regarding YMCA programming

QUALIFICATIONS:

- College degree in related field (Exercise Science, Integrative Physiology, Kinesiology, etc)
- Within 30 days: CPR/AED Certification, Bloodborne Pathogen Training, HHA, Listen First, and any certification necessary for instructing and leading specific CDPP and group exercise classes
- National Accredited Personal Training Certification
- Excellent communication and computer skills preferred
- Ability to relate effectively to diverse groups of people from all social and economic segments of the community

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.
- While performing the duties of this job, the employee is regularly required to use a computer for extended periods of time and be able to communicate using a computer and phone/smart device. The employee frequently is required to sit and reach, and must be able to move around the work environment.
- The employee must occasionally lift and/or move up to 10 pounds.
- Specific vision abilities required by this job include close vision, distance vision, and the ability to adjust.
- The noise level in the work environment is usually moderate.

SIGNATURE:

I have reviewed and understand this job description.

Employee's Name

Employee's Signature

Today's date: _____