



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Grundy Family YMCA Job Description

Job Title: Personal Trainer

Department: Health and Wellness

FLSA Status: Non-Exempt

Salary: \$12.00-\$16.00/hr

Reports to: Branch Director

Revision Date: 5/2017

Position Summary:

The Personal Trainer is responsible for developing individualized, goal-oriented training plans, conducting personal training sessions, facilitating member involvement and relationship building, and providing excellent customer service.

Essential Functions:

1. Developing an individualized, goal-oriented fitness plan for each assigned client
2. Assisting client in developing realistic, attainable goals and continually modifying training objectives
3. Completing required documentation and maintain an updated file on each client
4. Monitoring progress and provide modifications to programs as needed
5. Motivating client to work to maximum and safe potential, providing assistance, support, and encouragement
6. Instructing client on proper form, technique, and execution of exercises for optimal performance/results
7. Promoting member engagement by encouraging involvement in Y related programs
8. Reporting any facility/equipment problems to the Branch Director
9. Maintaining your national accreditation certification
10. Actively participating as a YMCA employee by working with staff and members in fitness programs and/or special events
11. Keeping yourself involved and informed by attending scheduled staff meetings
12. Knowing emergency procedures
13. Assuming any other duties as assigned by the Branch Director

Qualifications:

1. Must be well-organized and prepared for each client training session
2. Must be able to think independently and develop routines for clients
3. Must be certified through a nationally accredited organization OR hold a bachelor's degree in a related field OR have equivalent experience and/or training (currently pursuing degree with practical experience)
4. Must have and maintain CPR/AED and First Aid certifications
5. Must have an understanding of YMCA's vision and values and contribute to the development of the mission statement
6. Must complete and pass a background check prior to employment

All interested candidates should submit an application to:

Andrew Peters

Branch Director

Grundy Family YMCA

102 East G Ave

Grundy Center, IA 50638

apeters@blackhawkymca.org