



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# **Personal Trainer/Wellness Coach**

## **Multiple Positions: Morning & Evening Shifts Available**

**STATUS:** Part-Time

**LOCATION:** Portage Township YMCA

**SUPERVISOR:** Healthy Living Director

### **POSITION SUMMARY:**

-Personal Trainer: Provides one on one consultations with members in a safe, enjoyable, and positive environment that promotes member wellness and connection. Facilitate workouts with clients, demonstrate and teach correct exercise technique, and offer positive reinforcement to all clients.

-Wellness Coach: Will be responsible for participating in all Welcome to Wellness, Teen Fitness Education, and Health Assessment programs. Wellness Specialists will help getting members acclimated to the Y, demonstrate safe and proper use of all exercise equipment, teach in the Teen Fitness Education program, provide health assessments to members by appointment, and assist in the cleaning and maintenance of the wellness facility.

### **ESSENTIAL DUTIES AND RESPONSIBILITIES include the following (other duties may be assigned):**

- Conducts one on one consultations with members. Listens, evaluates, prescribes and as needed, demonstrates effective programs to meet the member's wellness and fitness goals.
- Monitors progress and provides modifications to programs as needed.
- Completes required documentation and maintains an updated file on each member.
- Documents and notifies Director of incidents/accidents and member questions/concerns.
- Maintains certifications listed under Certificates, Licenses, and Registrations.
- Receives and carries out instructions.
- Maintains regular and predictable schedule and attendance. Seeks approval from Director for absences or changes in availability/schedules.
- Performs special projects and other duties as assigned.
- Participates as an active member of the Equipment Orientation, Teen Fitness, Health Assessment, Next Step, and New Member Follow Up appointments and any other programs as dictated by the Healthy Living Director

### **KNOWLEDGE, SKILLS AND ABILITIES**

- Ability to read, write, talk, see and hear.
- Ability to connect with people of diverse backgrounds.
- Possesses a strong understanding of the YMCA and its purpose, mission and values. Demonstrates this understanding through behavior and actions that support the purpose, mission and values.



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# Personal Trainer/Wellness Coach cont'd

## EDUCATION AND/OR EXPERIENCE

Bachelor's degree in a related field or equivalent experience and/or training (ie = currently pursuing degree with practical experience)

## CERTIFICATES, LICENSES, REGISTRATIONS

- CPR, AED and First Aid Certification(s)
- Nationally Recognized Personal Training Certification (as required by supervisor)
- Previous experience as a personal trainer and/or wellness specialist (preferred)

## PHYSICAL REQUIREMENTS/WORK ENVIRONMENT

- Ability to lift and/or move up to 40 lbs.
- Ability to perform moderate physical activity that may include standing, climbing, walking, bending, twisting and reaching.

**OTHER:** Approved YMCA staff attire