



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

## **JOB DESCRIPTION:**

Job Title: **Rockstar Fitness Coach**

Reports to: Director of Healthy Living

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## **POSITION SUMMARY:**

The YMCA of Austin is actively seeking Rockstar Fitness Coaches who supports our mission to serve the community by leading group fitness classes and personal training programs in our brand new state-of-the-art, 105,000 square foot facility opening January 2020. A "Rockstar" Coach will play a key role in providing extreme member value by:

- Exhibiting passion and excitement for the work they do
- Holding themselves to a standard that is nothing short of their best
- Demonstrating a member first mentality in all aspects of the job

## **ESSENTIAL FUNCTIONS:**

- Conduct initial and quarterly fitness assessments
- Prepares appropriate equipment, music, and handouts for each class
- Instructs patrons on effective workout methods
- Teaches scheduled classes
- Assists patrons, answers questions, and maintains a positive exercise experience for members and class participants
- Keeps management informed of customer and facility needs
- Ensures that safety standards are met, and that department and facility policies are adhered to
- Performs related duties as required

## **APPLY IF:**

- You are highly energetic, outgoing and friendly
- Possess great communication skills
- Work well in a team environment
- Passionate about group training
- Inspired by seeing others achieve their goals

## **QUALIFICATIONS/EXPERIENCE:**

Must have at least ONE nationally accredited Personal or Group Training Certification such as NASM, ACE, ACSM or hold a degree in kinesiology, exercise science, physical education, or similar.

- Must be at least 18 years of age
- Must be prompt and reliable
- Must ensure safety of all participants
- Must have the ability to work flexible or varying hours

- Must lead by example and have the skills to both communicate and demonstrate fitness concepts

## **NECESSARY KNOWLEDGE/SKILLS/ABILITIES**

- Working knowledge of human anatomy, kinesiology and training principles.
- Knowledge of group fitness teaching strategies and the incorporation of music, tempo, cueing technique, and rhythm.
- Ability to be professional and motivate class participants.
- Ability to cooperate and work well with other staff members

## **TO APPLY:**

Qualified applicants should send cover letter and resume to our Healthy Living Director, Bryce Becker at [bbecker@ymca-austin.org](mailto:bbecker@ymca-austin.org).

## **WEBSITE:**

Visit our website for more information: [ymca-austin.org](http://ymca-austin.org)

*Opening January 2020*

