



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JOB DESCRIPTION

Job Title: **Certified Personal Trainer**

Status: Part-time

Reports to: Healthy Living Director

POSITION SUMMARY:

Under the supervision of the Director of Healthy Living, the Personal Trainer will assist in motivating and educating our members at the YMCA of Austin.

ESSENTIAL FUNCTIONS:

- Design safe and effective 30 min to 1-hour personal training programs for individual clients and small groups
- Instruct members in the strength training principles, training procedures, and exercise protocols while tracking member session attendance and training progress
- Teach members the proper and preferred use of all the strength training equipment necessary to personal training programs
- Promote personal training through personal example and member interaction
- Help maintain a neat, clean and presentable environment in the wellness center
- Attend scheduled staff meetings and participate in appropriate workshops
- Attend continuing education courses and mandatory trainings

QUALIFICATIONS & REQUIRED SKILLS:

- Availability for mornings and/or afternoons
- Bachelor's Degree in Exercise Science or personal trainer certification in NASM, ACE, ISSA or ACSM
- Minimum 18 years of age
- CPR/First Aid certified within 30 Days of hire
- Strong communication skills and the ability to work with youth and adults from beginner to advanced levels of fitness experience
- Must have the physical, visual and auditory ability to perform the essential functions of the job
- Must be able to lift at least 45 pounds
- Personal trainer must abide by YMCA policies, procedures and guidelines and complete incident reports as necessary reports as necessary

TO APPLY:

- Qualified applicants should send resumes to Healthy Living Director, Isabelle Reuter at ireurter@ymcaatacrc.org