



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

JOB DESCRIPTION:

Job Title: **Personal Trainer**

Reports to: Director of Healthy Living

POSITION SUMMARY:

The YMCA at ACRC is actively seeking Personal Trainers who supports our mission to serve the community by leading group fitness classes and personal training programs. A Personal Trainer 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 info@ymcaatacrc.org

WEBSITE:

Visit our website for more information: ymcaatacrc.org