

JOB TITLE: Personal Trainer I

October 2021

SUPERVISOR: Health & Wellness Director

General Function

Under the direction of the Health & Wellness Director, the Personal Trainer will provide quality fitness testing to evaluate cardio-respiratory fitness, body composition, flexibility, and muscular strength. He/she will develop and design fitness training programs, provide thorough instruction and appropriate counsel based on assessments. He/she must perform all duties in a safe and prudent manner. The Southern Boone Area YMCA values the following attributes of personal character and ethical behavior and believes they are essential to attaining our mission; caring, honesty, respect, responsibility.

Know How

The Personal Trainer is required to understand the basic nature and philosophy of the YMCA. He/she must have YMCA certification or its equivalent. He/she must have accumulated 50-100 hours of practical floor experience in personal training in a fitness center setting that includes exercise orientation of individualized fitness programs. Must attend the YMCA's Principles of Health & Fitness within 6 months of hire; be able to communicate effectively; maintain a customer service attitude; have the patience to instruct and keep excellent documentation. The minimum physical requirements of this position are documented in the attached job analysis form which has been completed by the direct line supervisor. Must be certified in CPR/FA and AED.

Job Segments

1. Facilitate and guide the teaching of caring, honesty, respect and responsibility in our YMCA.
2. Provide a client consultation/assessment to determine a training schedule and program based on national YMCA standards.
3. Administer a health appraisal/medical history review.
4. Administer fitness evaluation and co-design programs based on the evaluation.
5. Recommend dietary counseling services as needed.
6. Instruct participants on proper use of equipment.
7. Keep records on participant and payment schedule.
8. Maintain safety standards for participants and equipment.
9. Perform other duties as may be assigned.