

The Juniata Valley YMCA is seeking a part time male Personal Trainer within our Fitness Department. Personal Trainers provide customized personal training services to fitness members, including creating individualized workout plans.

A nationally recognized personal training certification is required.

Personal Trainers are expected to conduct sessions in an engaging, safe, and effective manner, providing an encouraging and motivating atmosphere while helping participants achieve fitness objectives. Personal Trainers must display excellent customer service, decision-making, and communication skills.

Trainers must be flexible with their availability and willing to work weeknights and weekends. Our members lead active lives and so should our ideal candidate. This position has plenty of growth potential as you are only limited by the number of clients you train and programs you run.

Interested applicants should send a resume, cover letter and certifications to Victoria Searer, Executive Director, 105 1st Ave. Burnham PA 17009 or email to exedir_jvymca@comcast.net

YMCA PERSONAL TRAINER JOB DESCRIPTION

POSITION SUMMARY: The Personal Trainer follows the YMCA of the USA Health and Fitness guidelines and is responsible for planning and leading a range of individualized or group exercise/activity sessions for clients in a fitness specialty area. They perform a variety of fitness programs that are both educational and motivational and provide guidance on ways to support healthy lifestyles and healthy lifestyle changes. The Personal Trainer also provides customer service which promotes member wellness in accordance with the YMCA policies and procedures and creates a safe, enjoyable, and positive environment. This position supports the work of the YMCA, a leading nonprofit committed to strengthening community through youth development, healthy living, and social responsibility.

ESSENTIAL FUNCTIONS:

- Develop, implement, and instruct a variety of personal training and group training sessions for clients at an appropriate level and in the appropriate modality based on clients wants, needs, and ability. Provide encouragement and expertise for the client in support of their health and well-being goals.
- Administer, track, and evaluate health history questionnaires, fitness assessments, and other preparticipation documentation with regard to individual exercise programs.
- Adhere to all guidelines and expectations as outlined in the Juniata Valley YMCA Employee Handbook which includes but is not limited to providing safe classes and sessions and responding to and reporting any accidents or incidents.
- Educates members in proper use of equipment.
- Provides a cohesive approach to customer service and training that directly impacts the participant's commitment and personal growth.
 - Maintains client list and records as required by the Program Director.
- Promote and sell personal training programs and services.

- Maintain required CECs and national certifications.

QUALIFICATIONS (required):

- Personal Trainer Certification through a nationally accredited organization including, but not limited to NETA, NASM, ACE, ACSM, AEA.
- Certifications required within 30 days of hire: CPR/AED, First Aid, and Child Abuse Prevention
- Demonstrates customer services skills and verbal communication skills.
- Demonstrates ability to lead an individual/group and motivate others to achieve their health and wellbeing goals.
- Demonstrates ability working with all age groups and ability levels.
- Ability to respond to safety and emergency situations.

BENEFITS:

- Free YMCA family membership
- Flexible schedule

SCHEDULE:

- Choose your own hours