



METROWEST YMCA

PART-TIME, CERTIFIED PERSONAL TRAINER

At the MetroWest YMCA, our mission and core values are brought to life by our culture. In the Y, we strive to live our cause of strengthening communities with purpose and intentionality every day. We are welcoming: we are open to all. We are a place where you can belong and become. We are genuine: we value you and embrace your individuality. We are hopeful: we believe in you and your potential to become a catalyst in the world. We are nurturing: we support you in your journey to develop your full potential. We are determined: above all else, we are on a relentless quest to make our community stronger beginning with you! Pay from \$20.00 + per hour and more! Equal Opportunity Employer.

The MetroWest YMCA needs part time Personal Trainers to provide a safe and welcoming environment within the Wellness Center, support and guide member's on proper use of strength and cardiovascular equipment, connect members to resources of the MetroWest YMCA, and train members in one-on-one settings or small groups. Personal Trainers also provide support to Wellness initiatives and programming. Personal Trainers maintain a safe and clean environment by following Wellness principles and policies of the Wellness Center.

ESSENTIAL FUNCTIONS:

1. Administers health screening forms and waivers to members, and requests medical clearance as necessary.
2. Conducts wellness consultations, and works with members to develop strategies to reach their health and fitness goals.
3. Provides orientation to new members on the use of strength and cardiovascular equipment.
4. Provides personal training to members.

5. Leads small group training specialty classes as determined by Health & Wellness Director. 6. Demonstrates up-to date knowledge, skills, and intent to learn and grow.

7. Thinks creatively when working with special populations and different work environments. 8. Provides support and feedback to members using the fitness facilities.

9. Ensures that members are using the equipment safely, and are aware of and following the procedures and policies of the Wellness Center.

10. Follows MetroWest YMCA emergency procedures and files accident or incident reports as required.

11. Works cooperatively with Wellness staff team to ensure the cleanliness of the Wellness Center by cleaning equipment, making sure that all areas are free from litter and discarded newspapers,

ensuring that equipment wipe dispensers and hand sanitizer dispensers are full, and broken equipment is reported properly.

12. Works cooperatively with the Wellness staff team to ensure the safety of the fitness facilities by returning weight plates, dumbbells, mats, and other equipment to their proper locations and by keeping all exits clear of equipment, fans, furniture, or anything else that would impede access to the exits.

13. Records any problems with equipment.

QUALIFICATIONS:

1. Current national certification in CPR/AED with First Aid.

2. Current personal training certification.

3. BS degree in exercise science, kinesiology, or related field (preferred).

4. Strong interpersonal and communication skills, and an interest and ability in working with individuals of all fitness levels, with special emphasis on Health Seekers and chronic disease prevention and management.

5. Must be able to relate and communicate to Members and staff and be able to interpret and carry out the mission and goals of the MetroWest YMCA.

PHYSICAL DEMANDS:

Must have the ability to hear and see activities and problems as they occur. Must be able to physically demonstrate **the safe and proper use of strength and cardiovascular equipment.**