

Description

Under the supervision of the Wellness Director and Fitness Center Coordinator, the Fitness Coach will assist with motivating and educating our fitness members at the St. Cloud Area Family YMCA.

Skills and Requirements

Fitness Coach Principal Activities:

- Monitor the fitness room as fitness members use the exercise equipment
- Motivate and educate fitness members in leading healthy lifestyles
- Greet and acknowledge all members
- Get to know members
- Connect with members using Listen First techniques
- Motivate and educate fitness members
- Offer information on proper use of exercise equipment
- Establish a healthy emotional environment to impact adherence
- Take initiative to sell Personal Training during Fitness Coaching shifts and member interactions
- Integrate the mission of the YMCA and follow the core values of honesty, caring, respect and responsibility into the healthy living aspect of job responsibilities
- Assist and help train Health & Wellness Interns
- Take professional initiative to promote personal training, clinics and all wellness relate opportunities
- Maintains cleanliness of fitness floor
- Support in the retention of member
- All other duties assigned by your supervisor

Qualifications & Skills:

- Minimum 18 years of age
- CPR/First Aid Certified within 30 days of hire
- New Staff Orientation required within 90 days of hire
- Working towards a four year degree in health/wellness field
- Interpersonal communication skills required
- Ability to work with youth and adults
- 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
- Fitness Coach must abide by YMCA policies, procedures and guidelines
- Complete incident reports as necessary

Training & Support:

Prior to monitoring the fitness floor alone, the Fitness Coach must train with a mentor and be approved by the Fitness Center Coordinator.

Time Commitment

Part Time

Compensation Type

Hourly

Location(s)

St. Cloud