

Description

Under the supervision of the Wellness Director, the Personal Trainer will assist with motivating and educating our fitness members at the St. Cloud Area Family YMCA.

Skills and Requirements

Personal Trainer Principal Activities

- Design safe and effective 30 minute to 1 hour personal training programs for individual clients, adapting the strength training program to each person's specific needs and abilities
- Instruct members in the strength training principles, training procedures, and exercise techniques
- Teach members the proper and preferred use of all the strength training equipment
- Inform members of new information regarding strength training safety and effectiveness
- Provide individual supervision and reinforcement during members' training sessions
- Promote Personal Training through personal example and member interaction
- Help maintain a neat, clean and pleasant environment on the Wellness floor
- Attend scheduled Personal Trainer staff meetings and participates in appropriate workshops
- Stay current on fitness concepts and ideas
- Attend continuing education courses and mandatory trainings

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
- Child Abuse Prevention Training required within 90 days of hire
- Experience in fitness instruction required. Personal Training certification required to train
- Bachelors degree preferred
- Interpersonal communication skills required
- Ability to work with youth and adults from beginner to advanced levels of fitness experience
- 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
- Personal Trainer must abide by YMCA policies, procedures and guidelines
- Complete incident reports as necessary

Time Commitment

Part Time

Compensation Type

Hourly

Location(s)

St. Cloud