



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA OF LANSING JOB POSTING

YMCA Personal Trainer

General Function: The qualified candidate must have a passion for health and wellness and the ability to convey that to potential clients. The candidate will provide evaluations to clients and review their abilities, physical condition and overall health to ensure that all fitness plans are suitable. Create personalized fitness routines that assist their clients in reaching their goals. Teach clients on the proper techniques for all exercises. Be proficient in multiple fitness disciplines. In addition to performing personal training session, the trainer will be required to conduct small group personal training

Job Requirements:

- Bachelor's Degree in a health and/or fitness related field preferred
- Experience in fitness instruction required
- Possess a certification from any of the following organization: American Council on Exercise (ACE), the Aerobics and Fitness Association of America (AFAA), the National Strength and Conditioning Association (NSCA), and/or the American College of Sports Medicine (ACSM).
- Interpersonal communication skills required

Position Responsibilities:

- Ability to work with youth and adults from beginner to advanced levels of fitness experience
- Design safe and effective exercise routines for all segments of the population
- Display passion and enthusiasm for health and wellness

Physical Demands

While performing the duties of this job, the employee is required to: bend, stoop, kneel, twist, reach with hands, sit, stand for an extended period of time, have finger dexterity, and communicate. Must be able to lift at least 45 pounds.

Disclaimers:

- Must complete successful background screening and drug test for YMCA and all other off-site screenings for partnering organizations.
- This job description may not be all-inclusive and employee is expected to perform all other duties as assigned by direct management.
- Job descriptions and duties may be modified when deemed appropriate by management.

Include: Cover letter and copy of relevant certifications

Contact: Amy Stearns, Director of HR & Risk, careers@lansingymca.org