



## YMCA OF LANSING JOB POSTING

### Personal Trainer

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**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.

#### **Duties & 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.
- Input sessions into software for tracking trainings and payments for them.

#### **Job Requirements:**

- Bachelor's Degree in a health and/or fitness related field preferred.
- Experience in fitness instruction preferred
- Possess a certification from a nationally-recognized fitness organization.
- Interpersonal communication skills required.
- General computer experience preferred.

**Salary:** Part-time, \$18-\$25 an hour. Pay is commensurate with experience and education.

#### **Benefits:**

- FREE adult membership to the YMCA! A member of any YMCA in Michigan may visit any Y in the state as a membership benefit.
- A 50% discount on child care at one of the Lansing YMCA's centers! (Subject to availability)
- 25% discount on program fees for themselves up to \$300 per year.

#### **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
- 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.

**APPLY NOW:** [YMCA of Lansing Job Application](#)