



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## YMCA OF LANSING

### Fitness Attendant

**General Function:** The Fitness Attendant is welcoming, connecting, and supporting members as they ask questions on equipment. This position sanitizes all fitness areas including studios and ensures equipment is orderly.

#### **Duties and Responsibilities:**

1. Creates a safe environment in which all individuals feel welcomed and respected; build relationships with and among members and program participants.
2. Communicates appropriately with individuals based on readiness to change; coaches them in support of their desired behavior change and regularly checks on members' progress in meeting personal and program goals.
3. Shares wellness program information with members, using available tools and resources (e.g., handouts, schedules).
4. Keeps all equipment in the appropriate place and reports any equipment that needs repairs.
5. Assist with checking in members to classes when we needed.
6. Identifies and celebrates the successes of members and program participants.
7. Maintains working knowledge of wellness and trends to provide effective information and support to members.
8. Maintains and cleans equipment according to the schedule or as requested by supervisor.
9. Follows YMCA policies and procedures; responds to emergency situations.
10. Performs other duties as assigned.

**Salary:** \$15/hr; part-time work schedule with a maximum of 28 hours a week

#### **Benefits:**

- Free YMCA Adult Membership
- 25% discount on program fees for themselves up to \$300 per year
- 15% retirement contribution upon eligibility
- Paid medical leave based on status and hours worked
- Paid YMCA risk required trainings

#### **Job Requirements:**

- Must be at least 18 years of age
- Minimum high school diploma
- Excellent interpersonal communication skills.
- Able to work with individuals from diverse backgrounds.
- Ability to cope with stress and demonstrate appropriate professional reaction to other's behaviors
- Completion of YMCA trainings within a required time frame. Trainings include:

#### **Physical Demands**

While performing the duties of this job, the employee is often required to: bend, stoop, kneel, twist, reach with hands, sit, stand for an extended period of time, lift and/or move up to 40 pounds, have finger dexterity, grasp, perform repetitive motions, talk, hear and have visual acuity.

#### **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:** Resume and three references

**Contact:** Krista Beyer, Executive Director, [kbeyer@lansingymca.org](mailto:kbeyer@lansingymca.org)