



YMCA of the Metro North – Saugus Branch **Job Description**

Position Title: Personal Trainer

Position Type: Non-Exempt

POSITION SUMMARY:

This position is primarily responsible for educating, instructing, and training members in safe and correct principles of health and fitness.

ESSENTIAL RESPONSIBILITIES/PRINCIPLE ACTIVITIES:

- 1. Provide excellent member service by exceeding member expectations.**
- 2. Engage in active listening with members in order to build relationships, understand individual's goals and interests, and take the initiative to assist in the achievement of those goals.**
- 3. Educate members on current fitness principles and research findings.**
- 4. Design personal exercise training programs, including programs for persons with special needs if necessary.**
- 5. Review member's programs regularly, provide feedback, and follow up.**
- 6. Educate members in the proper use of cardiovascular equipment and help them select the appropriate training program and level (i.e. target heart rate calculation).**
- 7. Teach members the principles and correct techniques of strength training including equipment and free weights.**
- 8. Consult with members about physical fitness and related topics.**
- 9. Provide individual supervision and encouragement during training sessions.**
- 10. Attend scheduled Fitness staff meetings and participate in training seminars**
- 11. Carry out other related responsibilities as assigned.**
- 12. Remain current in required and voluntary training in order to promote growth of mind and spirit and character values for all.**

EDUCATION AND EXPERIENCE:

- ◆ Must be knowledgeable of anatomy, physiology, and basic exercise principles**
- ◆ Must hold a personal training certification**
- ◆ Must hold a CPR/AED certification**



SKILLS AND COMPETENCIES/KNOW HOW:

- ◆ **Must possess excellent communication and human relations skills.**
- ◆ **Ability to work as an integral member of the team**

REQUIRED TRAINING/CERTIFICATIONS:

- ◆ **Redwoods Institute**
 - **Child Sexual Abuse Prevention**
 - **Sexual Harassment**
- ◆ **CPR and First Aid**
- ◆ **A Personal Training certification from a nationally recognized certifying body such as AFFA, ACE, ACSM, NASM**