



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Fitness Center Staff

Job Details

Supervisor

Health & Wellness Director

Description

General Responsibilities

Provide guidance and instruction to YMCA members and staff in the use of cardiovascular and strength training equipment; facilitate orderly and safe workouts for the members; maintain Fitness Center and equipment for the members' comfort and safety; and represent the YMCA in a professional and consciences manner.

Qualifications

Must be certified in CPR. Must have good human relations skills to facilitate a positive relationship with the members. Must have an understanding of anatomy, physiology, strength training principals and motivation techniques.

Specific Responsibilities

- 1) Provide guidance and instruction to members in proper use of equipment.
- 2) Greet members in a positive manner.
- 3) Communicate YMCA rules and principles of proper fitness training.
- 4) Checking and maintaining all equipment to guarantee safety.
- 5) Clean and maintain all machines and benches and report any repair needs to supervisor.
- 6) Provide facility tours to new or prospective YMCA members.
- 7) Maintain orderly files as required.

Apply to: **Bernadette Farrell**

bfarrell@metronorthymca.org