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YMCA OF METRO NORTH- LYNN BRANCH

Job Title: **Fitness Floor Staff**

FLSA Status: Nonexempt/Hourly

Reports to: Health and Wellness Director

Revision Date: February 2019

POSITION SUMMARY:

This position is primarily responsible for the safety and cleanliness of the fitness center, and maximizing the member experience in the fitness center. They are responsible for making sure all fitness center duties are completed and that the center is run efficiently while the needs of the attending members are being met.

ESSENTIAL FUNCTIONS:

- Provide excellent member service by exceeding member expectations.
- 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.
- Instruct members in the proper use of strength training and cardiovascular equipment.
- Consult with members about physical fitness and related topics and guide to the appropriate training and/or classes.
- Instruct members on cleaning equipment after use.
- Maintain a safe and clean environment in the fitness center.
- Complete all fitness center duties throughout the shift such as laundry cleaning and any other duties required.
- Conduct tours of the fitness facility to visitors and individuals interested in joining the facility.
- Attend scheduled Fitness staff meetings and participate in training seminars.
- Carry out other related responsibilities as assigned.
- Remain current in required and voluntary training in order to promote growth of mind and spirit and character values for all.

EDUCATION AND EXPERIENCE:

- CPR and First Aid

SKILLS AND COMPETENCIES/KNOW HOW:

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

PHYSICAL DEMANDS:

- This position is required to work in the fitness center and instruct members, demonstrating appropriate and correct techniques.
- The Lynn Y does not have an elevator, all employees must be able to traverse two or three flights of stairs on a regular basis
- The employee must occasionally lift and/or move up to 45 lbs. Specific vision abilities required by this job include close vision, distance vision and the ability to adjust.

REQUIRED TRAINING/CERTIFICATIONS:

- Child Sexual Abuse Prevention, Appropriate Touch are required before starting to work.
- Other Trainings include Bloodborne Pathogens, Social Media and Technology, Safe Lifting, and Sexual Harassment Prevention and must be completed within 30 days of hiring.
- CPR and First Aid must be completed within 30 days of hiring.

Interested candidates should send a letter of interest and/or resume to Audrey Jimenez, Executive Director ajimenez@metronorthymca.org and/or Paul Mantell, Human Resources Director at pmantell@metronorthymca.org