



# PERSONAL TRAINER

## MENOMONIE EAST & SOUTH YMCAS

### PART-TIME POSITION | \$20-\$23 PER HOUR

We are seeking dedicated and versatile personal trainers capable of providing exceptional one-on-one coaching. The ideal candidate should have a passion for fitness and the ability to motivate individuals across a wide age range. This position requires expertise in designing and implementing personalized fitness plans for all ages.

The YMCA of the Chippewa Valley is an equal opportunity employer.

### ESSENTIAL FUNCTIONS:

- Provide excellent member service by exceeding member expectations and encourage wellness participation.
- Enforces all member codes of conduct, rules and policies including, but not limited to, age restrictions, dress codes, language and proper use of YMCA equipment and facilities.
- Demonstrates correct stances, posture, alignment and technique during wellness consultation and orientation sessions; shows safe, effective ranges of motion and exercise control, demonstrates strength & endurance maintaining role-model form throughout.
- Help maintain a neat, clean, and pleasant environment on the Wellness floor and/or Personal Training studio.
- Take professional initiative to offer information, promote and sell personal training and additional YMCA Healthy Living services and programs.
- Integrate the mission of the YMCA and follow the core values of honesty, caring, respect and responsibility into the healthy living aspect of job responsibilities.
- Understand the prevention, detection, and treatment of musculoskeletal injuries, basic emergency procedures, and the legal and professional responsibilities of wellness coaches.
- Assist YMCA Personal Training Director with administrative tasks that include keeping accurate records of programming and scheduled, rescheduled, and cancelled appointments.
- Attend continuing education and mandatory trainings.

### PHYSICAL REQUIREMENTS:

- Must be able to lift 20 pounds in weights.
- Ability to perform all physical aspects of the position, including leading others, walking, standing, bending, reaching, and lifting.
- Ability to speak concisely and effectively communicate.
- Visual and auditory ability to respond to critical situations and physical ability to act swiftly in an emergency.

### APPLY HERE:



[WWW.YMCA-CV.ORG/CAREERS](http://WWW.YMCA-CV.ORG/CAREERS)

### QUALIFICATIONS:

- National certification (ACE, ASCM, NSCA, NASM or NCCA accredited certification) as a Certified Personal Trainer.
- Degree in exercise science, or a related field from an accredited college is a plus.
- At least one-year experience in a related field is a plus.
- Previous YMCA experiences, or experience in personal training, and health and wellness programming.
- CPR, First Aid, AED or BLS certification.

#### MENOMONIE SOUTH YMCA

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(715) 231-2348

#### MENOMONIE EAST YMCA

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**FREE YMCA MEMBERSHIP**