



## Grants Pass Family YMCA Personal Trainer

Job Title: **Personal Trainer**

Job Code: 221010

FLSA Status: Non-exempt

Job Grade: H5

Reports to: Director of Healthy Living

Revision Date: 04/01/2025

Leadership Level: Leader

Primary Function/Department: Healthy Living

### POSITION SUMMARY

This position supports the work of the Y, a leading nonprofit charitable organization committed to strengthening community through youth development, healthy living, and social responsibility. The Personal Trainer at Grants Pass Family YMCA designs and delivers personalized fitness programs to members and guests, promoting health, wellness, and an active lifestyle. This role provides exceptional customer service, fosters relationships, and ensures a safe, inclusive environment while upholding the YMCA's mission and values.

### OUR CULTURE

We are a powerful association of men, women and children joined together by a shared commitment to nurturing the potential of kids, promoting healthy living and fostering a sense of social responsibility. We believe that lasting personal and social change can only come about when we all work together to invest in our kids, our health and our neighbors. That's why, at the Y, strengthening community is our cause. Every day, we work side-by-side with our neighbors in 10,000 communities to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive.

### ESSENTIAL FUNCTIONS

1. **Customer Service and Relationship Building:** Deliver outstanding service to all members, guests, and staff by building rapport, using names, and engaging in positive, proactive conversations. Communicate clearly and effectively using Listen First skills. Serve as a role model by demonstrating YMCA core values of Caring, Honesty, Responsibility, and Respect.
2. **Fitness Program Development:** Assess clients' fitness levels, goals, and limitations to design safe, effective, and personalized exercise programs. Provide one-on-one or small group training sessions tailored to individual needs.
3. **Instruction and Coaching:** Demonstrate proper exercise techniques, equipment use, and safety protocols. Motivate and encourage clients to achieve their fitness goals while fostering a supportive and inclusive environment.
4. **Health and Wellness Advocacy:** Promote the YMCA's Healthy Living initiatives by educating members on fitness, nutrition, and lifestyle choices. Collaborate with other staff to integrate wellness programming into the broader YMCA community.
5. **Equipment and Safety Oversight:** Ensure fitness areas and equipment are clean, safe, and properly maintained. Report any hazards or maintenance needs to the Wellness Director promptly. Enforce safety guidelines and emergency procedures as outlined in the staff handbook.
6. **Administrative Duties:** Schedule training sessions, track client progress, and maintain accurate records of appointments and assessments. Punch in and out for shifts, review timecards for accuracy, and notify supervisor in advance if unable to work a scheduled shift.

7. **Professional Development:** Stay current on fitness trends, techniques, and certifications by attending workshops, webinars, or training sessions as required. Share knowledge with colleagues to enhance team expertise.
8. **Team Collaboration:** Attend all required department meetings and training. Assist with fitness-related events, workshops, or community outreach programs as directed by the Director of Healthy Living.

**WORK ENVIRONMENT & PHYSICAL DEMANDS**

- The employee is regularly required to use a computer for communications. The employee is regularly required to demonstrate exercises, stand, walk, and move throughout the fitness area.
- The employee must occasionally lift and/or move a minimum of 50 pounds (e.g., weights or equipment).
- Specific vision abilities required include close vision, distance vision, and the ability to adjust focus.
- The noise level in the work environment is usually moderate to loud.

**QUALIFICATIONS**

- High school diploma or equivalent required; Associate or Bachelor’s degree in exercise science, kinesiology, or related field preferred.
- Nationally recognized Personal Training certification (e.g., NASM, ACE, ACSM) required.
- CPR, First Aid, and AED certifications required within 30 days of hire.
- Bloodborne Pathogens and Child Abuse Prevention training required within 30 days of hire.
- Experience in personal training or fitness instruction is preferred.
- Strong communication, motivational, and interpersonal skills.
- Basic knowledge of fitness equipment, program design, and safety protocols.

**SIGNATURE**

I have reviewed and understand this job description. I confirm that I have the ability to perform the functions outlined in this position. Reasonable accommodation will be provided to enable individuals with disabilities to fulfill the essential functions of the role. Additionally, I understand that I may be asked to assist in other areas as needed.

Employee’s Name	Employee’s Signature	Date
Supervisor’s Name	Supervisor’s Signature	Date