

Personal Trainer - Adult Program (Malden YMCA)

compensation: **Competitive pay rate per session. 6% contribution to retirement after eligibility is met. Complimentary individual membership. 5 minutes from Malden Center T Station.**

employment type: **part-time**

POSITION SUMMARY:

Instructs member(s) in a safe, enjoyable, and positive environment that promotes member wellness and engagement in accordance with YMCA policies and procedures.

ESSENTIAL FUNCTIONS:

1. Leads energizing, safe, and educational personal training sessions, as directed by the supervisor, to accomplish the YMCA mission and goals.
2. Answers questions from members to support them in achieving their goals related to healthy living. Maintains working knowledge of wellness and trends to provide effective information and support to members.
3. Builds effective, authentic relationships with members; helps members connect with each other and the YMCA.
4. Keeps accurate attendance records.
5. Follows YMCA policies and procedures; responds to emergency situations.

QUALIFICATIONS:

1. Personal Training Certification and/or Bachelor's Degree in Physiology
2. Required certifications: CPR, First Aid, AED.
3. YMCA Healthy Lifestyles certification within 60 days of hire.
4. At least one year of Personal Training experience preferred.

OTHER SKILL REQUIREMENTS

1. Ability to build relationships with members and successfully complete new member onboarding process.
2. Ability to conduct personal training sessions and activities.
3. Ability to perform all physical aspects of the position; including demonstrating proper exercise techniques, walking, standing, bending, reaching, and lifting weights up to 50lbs (or more).
4. Understanding of basic internet/computer usage (i.e. -- how to access e-mail, Google docs, etc.)