



Job Posting
Position Title: Personal Trainer
Part Time
Hourly Pay Range: \$13.00 - \$15.40

JOB SUMMARY: Under the direction of the Director of Personal Wellness a Personal Trainer is responsible for developing and implementing specific fitness programs for each individual or small group of clients they are working with. Hours can range greatly, dependent upon when the clients' want to train and what works best for them in their personal schedules. Most sessions last 1 hour in length and can be set up anytime between 5:15am and 9:30pm. As a Personal Trainer you may also have some flexibility in your schedule and when you schedule individual training sessions.

MINIMUM QUALIFICATIONS: The position requires a person age 18 or over, with experience in a fitness room / exercise environment; must be certified as a Personal Trainer and keep certification current throughout working at the YMCA or be a student currently enrolled in SMSU Exercise Science Program and ready to work with a client one on one. CPR Pro and First Aid certifications also required and may be obtained upon hire.

SKILLS AND PREREQUISITES: A Personal Trainer must be able to develop and lead individual and small group exercise sessions, demonstrate and use a variety of fitness equipment including, but not limited to dumbbells, steps, bosu, resistance tubing - according to what each individual program uses. Trainers must be able to document and work towards specific goals with each individual's best interested in mind.

TO APPLY: Applications available at www.marshallareaymca.org or at the YMCA.