

# Job Description

Position Title: Personal Fitness Trainer

Department: Wellness

Qualifications/ Requirements: Must be 18 years or older. Current Personal Trainer Certification, Blood borne Pathogens and Child Abuse Protection Training.

Duties: Under the direct supervision of the Wellness Director, the Personal Fitness Trainer shall assist members in safe and effective exercise in the Weight Room which may include but is not limited to the following responsibilities:

- Responsibilities:
- Build Relationships
  - Teach and demonstrate Caring, Honesty, Respect and Responsibility
  - Represent the Grants Pass Family YMCA, its policies and procedures
  - Dress appropriately (casual, yet professional)
  - Pick up trash
  - Make eye contact with everyone who enters the Health and Fitness Rooms
  - Cordially greet all members (by name, if possible) and general public (SMILE)
  - Obtain and maintain current required certifications (CPR, Personal Trainer)
  - Attend required staff meetings and trainings
  - Encourage member involvement and identify potential volunteers
  - Effectively communicate the YMCA Health and Fitness program information to members
  - Educate and motivate members and participants
  - Develop and maintain an individual client base
  - Participate in Health and Fitness special events and programs
  - Refer to more qualified Fitness, medical or health professionals as needed
  - Provide one-on-one fitness training to members
  - Teach the safe and effective use of all cardiovascular and strength training equipment
  - Accurately maintain Transaction Records and Personal Training Agreement sheets
  - Inspect fitness equipment for safety
  - Clean fitness equipment as needed
  - Put equipment away properly as needed
  - Refill sanitizing solution and paper towels as needed
  - Respond to and report all accidents and incidents
  - Other tasks as needed

I accept the position as described above.

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Employee Signature

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Date