Position Summary:
Provide one-on-one fitness instruction to members desiring programs tailored to meet their specific health and fitness needs.

Essential Functions:
- Develop programs for multiple results including, weight (fat) loss, muscular gain, rehabilitation, health and aesthetics maintenance, improved sports performance among others.
- Evaluate client’s physical fitness and monitor progress towards specific goals.
- Choose and develop activities and exercises to provide optimum results.
- Demonstrate movements and exercises recommended.
- Engage as motivator to encourage members to reach for physical limits.
- Design and provide special rehabilitation programs for clients recovering from injuries.
- Research and introduce new techniques, equipment, and motivational approaches.

YMCA Competencies:
Mission and Community Oriented: Accepts and demonstrates YMCA values. Works effectively with people of different backgrounds, abilities, opinions and perceptions. Demonstrates a desire to serve others and fulfill a community need. Recruits volunteers and builds effective, supportive working relationships with them.
People Oriented: Seeks first to understand the other’s point of view; remains calm in challenging situations. Builds rapport and relates well to others. Listens for understanding and meaning; speaks and writes effectively. Takes initiative in developing others.
Results Oriented: Strives to meet or exceed goals and deliver a high value experience for members. Embraces new approaches and discovers ideas to create a better member experience. Makes sound judgments and transfers learning from one situation to another. Establishes goals, clarifies work, and participates in meetings.
Personal Development Oriented: Accurately assess personal feelings, strengths and limitations, and how they impact relationships. Pursues self-development that enhance job performance. Demonstrates an openness to change; seeks opportunities in the change process.
Qualifications:
- BS Degree in Physical Education, Adult Fitness, Sports Management, or similar; or minimum three years experience in individual or group training program leadership.
- Knowledgeable in all areas of fitness including strength training, aerobic training, flexibility, exercise selection, and training intensity and duration to meet specific client goals.
- Understanding of impact of exercises and training on specific human body areas including muscles and cardiovascular systems.
- Basic understanding of nutrition and importance to well-being.
- Knowledgeable about various exercise equipment.

Physical Demands:
- Required to lift and or move on occasion weights exceeding 50 pounds to demonstrate exercises to clients.
- Required to demonstrate physical stamina and agility, and stoop, kneel, crouch, walk, run, and stand for extended periods of times.
- Ability to react to emergency situations by quick movements, strenuous activity, and communicate verbally in a noisy environment.

I have reviewed the above job description and understand my responsibilities as described:

Print Name: ____________________________ Date: ____________
Signature: ____________________________  Date: ____________