

Volunteer Services

INTERN POSITION DESCRIPTION

TITLE: Fitness Intern

SUPERVISOR: Director of Health & Fitness Center

PROGRAM: The *Health & Fitness Center* promotes physical and emotional well-being through a wide range of classes and services for women, men and children of all ages and fitness levels. Kids Care is a drop-in child care service for parents using the facility.

PURPOSE: To assist with instruction in the use of and basic maintenance of machine weights, free weights and cardiovascular equipment on the fitness floor.

RESPONSIBILITIES:

- Orient new Health & Fitness Center members to a variety of fitness equipment.
- Be available to answer member questions regarding the proper use of weights and cardiovascular equipment.
- Clean and organize the fitness floor.
- Complete other duties as assigned by supervisor.

QUALIFICATIONS:

- Special interest or experience in a fitness-centered environment.
- Skilled in the safe and proper use of machine weights, free weights and cardiovascular equipment.
- Must be dependable and have a good work ethic.
- Excellent customer services skills: energetic, enthusiastic and motivational.
- Excellent verbal and promotional skills.
- Good organizational skills.
- Current First Aid and CPR certification is a plus.

BENEFITS:

- Hands on experience working with professionals in the fitness field.
- Increased understanding of issues related to health & wellness services.
- Documented internship experience.
- Experience working for a non-profit agency.

SITE: YWCA St. Paul, 375 Selby Avenue, St. Paul

COMMITMENT:

- Minimum 3-month commitment. Schedule is negotiable. Schedule is set during orientation
- Normal business hours are Monday thru Thursday, 5:30 a.m.-10 p.m.; Friday, 5:30 a.m.-9 p.m.; Saturday, 7 a.m.-7 p.m.; Sunday, 7 a.m.-9 p.m.

CONTACT: Volunteer Specialist
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