

St. Paul

Title: Fitness Intern

Supervisor: Fitness Supervisor

Program: The Health & Fitness Center (HFC) offers a wide variety of individual and group activities to support good health. A welcoming, inclusive atmosphere and professional staff empower people of all ages to live an active lifestyle, prevent and manage chronic medical conditions, reduce stress and grow strong in both body and mind.

Purpose: Assist with instruction in the use of and basic maintenance of machine weights, free weights and cardiovascular equipment on the fitness floor. Evaluate group exercise leadership and/or small group personal training as a career option in the fitness field.

Responsibilities:

- Orient new HFC members to a variety of fitness equipment
- Answer member questions regarding the proper use of weights and cardiovascular equipment
- Apply knowledge of exercise physiology, kinesiology and anatomy in the development and implementation of exercise program
- Work with staff to develop safe effective exercises for a variety of different populations (ages, special populations, athletes, etc.)
- Assist with youth exercise program development to help lower BMI, blood pressure and heart rate
- Help conduct youth assessments including body composition, BMI, and metabolic rates
- Observe other trainers perform and/or conduct consultations for a client that includes health history, fitness level evaluation and contra-indicators for exercise programs
- Shadow trainers currently on staff at the facility as they train their clients. Complete a learning worksheet during shadow sessions
- Clean and organize the fitness floor
- Complete other duties as assigned by supervisor

Qualifications:

- Pursuing education in the area of health or wellness
- Special interest or experience in a fitness-centered environment
- Skilled in the safe and proper use of machine weights, free weights and cardiovascular equipment
- Excellent customer services skills, energetic, enthusiastic and motivational
- Excellent verbal and promotional 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 and wellness services
- Experience working in the non-profit sector

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

Commitment:

- Minimum 3 month/semester long commitment. Flexible schedule will be discussed at interview.
- Normal business hours are Monday – Thursday, 5:30 am – 10:00 pm; Friday, 5:30 am – 9:00 pm; Saturday, 7:00 am – 7:00 pm; Sunday, 7:00 am – 9:00 pm

Contact: Human Resource Generalist
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