

job posting

Position Title:	Personal Trainer	Department:	Health and Fitness
Salary:	Commission Based	Scheduled Hours:	Varies based on member needs.

Position Summary:

Provides instruction in health and fitness through orientation to exercise equipment; members are given basic instruction in the usage of both strength and cardiovascular training equipment. Provides safe and effective health and fitness assessments that inform members of their current fitness levels, and offer thorough and comprehensive instruction. Ensures safe and effective health and fitness programs tailored to an individual's specific needs and goals.

Position Responsibilities:

1. Contact new, existing and returning members via telephone to welcome them and offer fitness orientation and/or assessment. Answer questions members might have about weight machines and cardiovascular/aerobic machines. Complete fitness assessments on members to assess their current health and fitness levels. Review long term and short term goals with clients to insure goals are realistic and feasible given the appropriate amount of time.
2. Provide members with instruction on equipment and facility usage, via orientations and personal training sessions. Develop strength training and cardiovascular program. Ensure programs are designed to work antagonistic muscle groups to balance muscles being worked.
3. Schedule sessions to revise members' exercise program, and complete re-assessments to document their exercise levels and progress.
4. Attain and maintain required certifications and/or educational requirements necessary to complete position's duties and responsibilities.
5. May be required to administer first aid.

Qualifications:

Education: Associate's Degree or equivalent degree in Exercise Science, Exercise Physiology or related field required.

Certification and Licensure: National Personal Trainer Certification (required)
CPR/AED (required)

Work Experience: 2+ years of experience as a personal trainer. Experience in a non-profit setting focusing on creating opportunities for women's growth, leadership and empowerment, and elimination of racism or a related mission is highly desired.

Other Requirements:

- Dealing with confidential information
- Tight deadlines
- Interruptions to work flow
- Work subject to precise measures of quality or quantity
- Agree to mandated child abuse reporting guidelines

The YWCA St. Paul offers competitive salary and benefits for eligible positions. The YWCA is an Affirmative Action/Equal Opportunity Employer.

To apply, send letter of interest, resume, and salary requirements to:

Human Resources, YWCA St. Paul fax: (651) 222-6307
375 Selby Avenue email: hr@ywcaofstpaul.org
St. Paul, MN 55102 phone: (651) 222-3741