



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## YMCA OF LANSING JOB POSTING

### YMCA of Metropolitan Lansing

#### YMCA Personal Trainer

**General Function:** The personal trainer will teach proper and preferred use of all strength training equipment and promote personal training through personal example and member interactions. Emphasis is on the member/participant and the satisfaction of their overall experience from initial engagement and enrollment to continual connection with the appropriate staff, programs services and/or small communities. In addition, relationship-based membership that moves members/participants along a continuum from a causal connection to a committed level through increased involvement including volunteerism.

#### **Job Requirements:**

- Bachelor's Degree in a health and/or fitness related field preferred
- Experience in fitness instruction required
- Possess a certification from any of the following organization: American Council on Exercise (ACE), the Aerobics and Fitness Association of America (AFAA), the National Strength and Conditioning Association (NSCA), and/or the American College of Sports Medicine (ACSM).
- Interpersonal communication skills required

#### **Position Responsibilities:**

- Ability to work with youth and adults from beginner to advanced levels of fitness experience
- Design safe and effective 30 minute to 1 hour personal training programs for individuals
- Passion, enthusiasm and support for the mission and values of the YMCA

#### **Physical Demands**

While performing the duties of this job, the employee is required to: bend, stoop, kneel, twist, reach with hands, sit, stand for an extended period of time, have finger dexterity, and communicate. Must be able to lift at least 45 pounds.

#### **Disclaimers:**

- Must complete successful background screening and drug test for YMCA and all other off-site screenings for partnering organizations.
- This job description may not be all-inclusive and employee is expected to perform all other duties as assigned by direct management.
- Job descriptions and duties may be modified when deemed appropriate by management.

**Salary:** \$18-20/hour

**Include:** Cover letter and copy of relevant certifications

**Contact:** Amy Stearns, Account & Human Resource Manager, [amystearns@ymcaoflansing.org](mailto:amystearns@ymcaoflansing.org)