



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

OPPORTUNITY
AWAITS

PERSONAL TRAINER

PART-TIME | EAU CLAIRE SOUTH YMCA

We are seeking a dedicated and versatile personal trainer capable of providing exceptional one-on-one coaching and leading dynamic youth training programs. The ideal candidate should have a passion for fitness and the ability to motivate individuals across a wide age range, from 14 to 100 years old. This position requires expertise in designing and implementing personalized fitness plans for all ages while working on programs for youth that focus on strength, conditioning, speed, and agility. Additionally, the trainer will work with athletes during both pre-season and off-season periods to enhance their performance and achieve their fitness goals



[CLICK HERE TO APPLY ONLINE](#)

Essential Functions:

- Provide excellent member service by exceeding member expectations; greet and acknowledge all members to encourage wellness participation.
- Enforces all member codes of conduct, rules and policies including, but not limited to, age restrictions, dress codes, language and proper use of YMCA equipment and facilities.
- Demonstrates correct stances, posture, alignment and technique during wellness consultation and orientation sessions; shows safe, effective ranges of motion and exercise control, demonstrates strength & endurance maintaining role-model form throughout.
- Help maintain a neat, clean, and pleasant environment on the Wellness floor and/or Personal Training studio.
- Take professional initiative to offer information, promote and sell personal training and additional YMCA Healthy Living services and programs
- Integrate the mission of the YMCA and follow the core values of honesty, caring, respect and responsibility into the healthy living aspect of job responsibilities.
- Understand the prevention, detection, and treatment of musculoskeletal injuries, basic emergency procedures, and the legal and professional responsibilities of wellness coaches.
- Assist YMCA Personal Training Director with administrative tasks that include keeping accurate records of programming and scheduled, rescheduled, and cancelled appointments.
- Attend continuing education and mandatory trainings.
- Performs other duties as assigned.

Qualifications

- National certification (ACE, ASCM, NSCA, NASM or NCCA accredited certification) as a Certified Personal Trainer.
- Degree in exercise science, or a related field from an accredited college is a plus.
- At least one-year experience in a related field is a plus.
- Previous YMCA experiences, or experience in personal training, and health and wellness programming.
- CPR, First Aid, AED or BLS certification.

Physical Requirements

- The physical demands described here are representative of those that must be met by an employee to successfully perform the essential functions of this job. Reasonable accommodations may be made to enable individuals with disabilities to perform the essential functions.
- Must be able to lift 20 pounds in weights.
- Ability to perform all physical aspects of the position, including leading others, walking, standing, bending, reaching, and lifting.
- Ability to speak concisely and effectively communicate.
- Visual and auditory ability to respond to critical situations and physical ability to act swiftly in an emergency.

CAUSE DRIVEN
Work with passionate people
and help make our community
a better place!

FREE
Y Membership

IT'S FUN!
There is something new and
exciting happening everyday!

HOW TO APPLY:
Please submit your application through the YMCA
of the Chippewa Valley website.

Eau Claire South YMCA
3225 Lorch Ave, Eau Claire, WI