

RYE YMCA

21 Locust Avenue, Rye, New York 10580

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Rye Y Personal Trainer Job Description

The Y is the leading nonprofit committed to strengthening the community by connecting all people to their potential, purpose, and each other. The Rye YMCA is a family-oriented community service organization which welcomes all people and promotes positive values through programs that build spirit, mind and body. Our programs are designed to help people create realistic goals for self-improvement through regular exercise, proper nutrition, stress management and health education.

There are over 200,000 visits per year to our Rye Y facility by health seeking teens, adults and seniors. In addition, through our outreach initiatives, we actively promote community wide wellness by offering programs and services that would otherwise not be available. Most importantly, the Rye Y works to ensure that our programs and services remain accessible to all through a variety of on-going philanthropic endeavors. Our primary cause is to strengthen the foundation of community through a focus on three areas: youth development, healthy living, and social responsibility.

Summary

Works directly with the Fitness & Wellness Director to engage and retain Rye Y members by helping them to achieve their health and wellness goals in a 1:1 or small group setting through creative and professionally designed classes appropriate to their fitness level. Must adhere to the Y's four core values at all times (caring, honesty, respect and responsibility).

ESSENTIAL FUNCTIONS:

- Improves the health and well-being of the community the Rye YMCA serves
- Works to ensure member safety and enjoyment
- Engages members using listen first skills and encourages member interaction and connections
- Organizes and provides creative, engaging and effective Personal Training sessions tailored to participant's ability level/physical limitations and focuses on helping participant to achieve their health and wellness goals
- Keeps abreast of changes and trends in the fitness industry through continuing education
- Ensures the cleanliness of facilities and equipment
- Identifies facility or equipment malfunctions and troubleshoots as capable. Promptly informs Director of all issues
- Attends departmental meetings and trainings as well as company-wide required trainings as scheduled
- Represents the YMCA positively and maintains a good and friendly relationship with the YMCA members and staff (best practice is to learn and address members by name)
- Actively participates in the staff Annual Campaign Phase

Hours: Mon – Fri – 6:00am-8:00pm (Personal training hours are based on client demand) Saturday – 7:00am-6:00pm (Personal training hours are based on client demand)

Employee benefits include: Free Membership, Program Discounts, Earned Time Off, Training Opportunities, Flexible Work Schedules for Work/Life Balance, 10% Contributed to YMCA Retirement Fund once Vested, Short Term Disability and much more.

Job Type: Part-time

Pay: \$38.00 - \$46.00 per hour

Schedule:

- Monday to Friday
- Weekends as needed

License/Certification:

- Certified Personal Trainer (Required)
- CPR Certification (Required)

Shift availability:

- Day Shift (Preferred)
- Night Shift (Preferred)

Work Location: In person