



**FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

## **DRYADES YMCA PERSONAL TRAINER**

### **POSITION SUMMARY:**

We are seeking a dynamic, motivated, energetic Certified Personal Trainer who is passionate about inspiring others through fitness and believes in transforming lives through healthy living and innovative wellness programming.

### **ESSENTIAL FUNCTIONS:**

1. Designs and implements safe, effective and enjoyable fitness programs that will meet the unique needs and wants of each member.
2. Plans and instructs individuals, small groups or classes with a personalized approach following YMCA standards and guidelines.
3. Contacts members on a regular basis to follow-up on progression of their fitness program.
4. Keeps accurate records of members' progress.
5. Discusses and promotes all YMCA programs. Motivates members to commit to long term participation.
6. Ensures safe and effective workouts. Responds to, and reports, accidents, incidents, and equipment problems.
7. Attends staff meetings and trainings as required. Maintains current certifications.
8. Reporting any suspicious behavior and violation of policy and procedures to your supervisor



### **DRYADES YMCA**

2220 Oretha Castle Haley Blvd New Orleans LA 70113  
P 504 299 4310 F 504 522 7739 [www.dryadesymca.com](http://www.dryadesymca.com)



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## **YMCA COMPETENCIES:**

Mission Advancement: Accepts and demonstrates the Ys values. Demonstrates a desire to serve others and fulfill community needs. Recruits volunteers and builds effective, supportive working relationships with them. Supports fund-raising

Collaboration: Works effectively with people of different backgrounds, abilities, opinions, and perceptions. Builds rapport and relates well to others. Seeks first to understand the other person's point of view, and remains calm in challenging situations. Listens for understanding and meaning; speaks and writes effectively. Candidate takes initiative in assisting development of others.

Operational Effectiveness: Makes sound judgments, and transfers learning from one situation to another. Embraces new approaches and discovers ideas to create a better member experience. Establishes goals, clarifies tasks, plans work and actively participates in meetings.

Personal Growth: Pursues self-development that enhances job performance. Demonstrates an openness to change, and seeks opportunities in the change process. Accurately assesses personal feelings, strengths and limitations and how they impact relationships. Has the functional and technical knowledge and skills required to perform well; uses best practices and demonstrates up-to-date knowledge and skills in technology.

## **NO JUDGEMENT PHILOSOPHY:**

- Facilitate all member requests or forward to relevant supervisor(s)
- Maintain professional disposition at all times
- Follow policies/procedures in Instructor Manual & Employee Handbook
- May be required to teach other non-spin group fitness classes as needed
- Maintain consistent communication on class schedules with supervisor

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**QUALIFICATIONS:**

1. Must have a High School diploma or equivalent with at least a year of Personal Training experience.
2. Current CPR and First Aid certifications.
3. NASM, ACSM, ACE, or AFAA highly recommended at time of hire.
4. Working knowledge of preventative health and fitness programs and philosophy.
5. Ability to motivate and lead members.
6. Ability to respond to safety and emergency situations.
7. Ability to work with varying fitness levels and ages.
8. Employment is subject to a background check.

**POSITION TYPE:**

Part Time

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