



OPPORTUNITY AWAITS

PERSONAL TRAINER

Part Time

The Fond du Lac Family YMCA is seeking a motivated and outgoing individual to create a positive member and employment experience at the Y. This certified trainer must demonstrate enthusiasm toward wellness.

RESPONSIBILITIES:

- Provides Personal Training sessions and cultivate a base of Personal Training Clientele.
- Develops and monitors specialized fitness programs, including cardiovascular exercise, strength training and flexibility.
- Conducts all initial Personal Training sessions with the client completing a Par-Q form. Asks pertinent questions relating to their health history and previous injuries, refers the client back to their primary care physician with any questionable issues that surface, and obtains physician clearance to continue.
- Assists clientele in setting achievable goals and objectives while providing positive motivation and support.

REQUIREMENTS:

- Certified through ACE, ACSM, NSCA or a bachelor's degree in a field of exercise science.
- Prefer two years' experience in working with clients as a personal trainer.
- Must be able to perform physical functions necessary to program instruction, including but not limited to squatting, bending, kneeling, spotting program participants and demonstrating the use of program apparatus or program skills.

WORK DAYS:

10-15 hours per week with potential of additional hours.
Hours vary based on availability and client needs.

WAGE SCALE: Starting at \$20 per hour.

WORK AT THE Y!



HOW TO APPLY

Qualified candidates
should email a resume
& cover letter to
employment@fdlymca.org

FREE Y Membership

GREAT COWORKERS

CAUSE DRIVEN

Work with people passionate
about our community.

FAMILY ORIENTED