



# OPPORTUNITY AWAITS

## PERSONAL TRAINER

### Part Time

The Fond du Lac Family YMCA is looking for a motivating individual to help guide our personal training clients with personalized fitness programming and small group classes.

#### RESPONSIBILITIES:

- Provide Personal Training sessions and cultivate a base of Personal Training Clientele
- Assist clientele in setting achievable goals and objectives and provide positive motivation and support
- Conduct all initial Personal Training sessions with the client completing a Par-Q form, ask pertinent questions relating to their health history and previous injuries refer the client back to their primary care physician with any questionable issues that surface and obtain physician clearance to continue

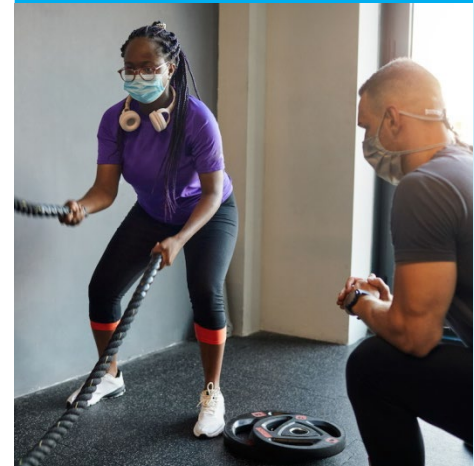
#### REQUIREMENTS:

- Prefer trainers to be certified through ACE, NASM, ACSM, or NSCA or a degree in kinesiology or bachelor's degree in a field of exercise science
- Must effectively communicate and actively interact with members
- Must be able to lift and carry (5 – 50 pounds) and 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:** Flexible

**WAGE SCALE:** Rate varies based on session type

## WORK AT THE Y!



### HOW TO APPLY

Qualified candidates should email a resume & cover letter to [employment@fdlymca.org](mailto:employment@fdlymca.org)

## FREE Y Membership

## GREAT COWORKERS

## CAUSE DRIVEN

Work with people passionate about our community.

## FAMILY ORIENTED