



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# OPPORTUNITY AWAITS

## PERSONAL TRAINER

### STURGEON BAY PROGRAM CENTER

A Personal Trainer supports the work of the Y, a leading nonprofit, charitable organization committed to strengthening community through youth development, healthy living and social responsibility. Under the direction of the Healthy Living Director/Coordinator and in accordance with the policies of the Door County YMCA, the Personal Training Staff will deliver programs and services with enthusiasm, leadership and knowledge of the components of a safe and effective fitness program.

#### Starting Wage:

- Commensurate with experience

#### Hours:

- Part-time, flexible hours

Applications being accepted.  
**APPLY TODAY!**

Please visit [doorcountyyymca.org](http://doorcountyyymca.org) for a full job description, and a list of other opportunities or to download an application.

**WORK AT THE Y!**



#### MEET TONYA

"I love having the opportunity each day to help others reach their health and wellness goals. I enjoy hearing people's stories of what brought them to the Y and learning about their needs and identifying ways in which the Y can help them reach their goals. The challenge of helping individuals at various levels of fitness makes me draw on my creativity and is immensely rewarding when a member has success with a program."

### WHY THE Y

## CAUSE DRIVEN

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

One of the most respected non-profits in the world.

125 countries served  
OVER 10,000 neighborhoods strengthened

**FREE**  
Y Membership  
and program discounts

**IMPROVE QUALITY OF LIFE**

Create stronger friendships, a greater self-esteem and a sense of belonging by helping others.

**IT'S FUN!**

There is something new and exciting happening every day at the Y!

DOOR COUNTY YMCA | [www.doorcountyyymca.org](http://www.doorcountyyymca.org)

Northern Door Program Center  
3866 Gibraltar Road, Fish Creek, WI 54212  
920-868-3660

Sturgeon Bay Program Center  
1900 Michigan Street, Sturgeon Bay, WI 54235  
920-743-4949

Barker Child Development Center  
1743 Egg Harbor Road, Sturgeon Bay, WI 54235  
920-818-0691



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## DOOR COUNTY YMCA

Job Title: Personal Trainer

Job Code: SBPT 1, 2, 3 or NBPT 1, 2, 3

FLSA Status: Part Time/Hourly

Job Grade: Grade K

Reports to: Healthy Living Director

Revision Date: 1/16/2019

Leadership Level: Team Leader

Department: Fitness

### POSITION SUMMARY:

This position supports the work of the Y, a leading nonprofit, charitable organization committed to strengthening community through youth development, healthy living and social responsibility. Under the direction of the Healthy Living Director/Coordinator and in accordance with the policies of the Door County YMCA, the Personal Training Staff will deliver programs and services with enthusiasm, leadership and knowledge of the components of a safe and effective fitness program.

### OUR CULTURE:

Our mission and core values are brought to life by our culture. In the Y, we strive to live our cause of strengthening communities with purpose and intentionality every day. **We are welcoming:** we are open to all. We are a place where you can belong and become. **We are genuine:** we value you and embrace your individuality. **We are hopeful:** we believe in you and your potential to become a catalyst in the world. **We are nurturing:** we support you in your journey to develop your full potential. **We are determined:** above all else, we are on a relentless quest to make our community stronger beginning with you.

### ESSENTIAL FUNCTIONS:

1. Instruct participants safely and effectively on strength and aerobic equipment in the Lifestyle Center and Free Weight Room.
2. Implement and maintain varied wellness programs for participants, responding to fitness goals.
3. Enforce established YMCA Healthy Living Policies.
4. Clean, maintain and monitor equipment for safety consideration and member service.
5. Interact and assist participants with their programs by actively correcting form, speed of movement and positioning. Circulate and greet participants so everyone feels welcome.
6. Encouraged to work one to two shifts per week as a lifestyle Center staff or as designated by supervisor.
7. Be able to direct participants to appropriate program personnel if the need arises.
8. Assure own professional growth through reading, study, meetings, and conference attendance.
9. Track clients time progress and payment using personal training process put together by department.
10. Name tag/or staff apparel must be worn when on the floor.

DOOR COUNTY YMCA [www.doorcountyyymca.org](http://www.doorcountyyymca.org)

STURGEON BAY PROGRAM CENTER 1900 Michigan Street, Sturgeon Bay, WI 54235 P 920 743 4949 F 920 743 8812

NORTHERN DOOR PROGRAM CENTER 3866 Gibraltar Road, Fish Creek, WI 54212 P 920 868 3660 F 920 868 9970

**LEADERSHIP COMPETENCIES:**

1. Inclusion
2. Developing Self & Others
3. Engaging Community

**QUALIFICATIONS:**

1. At least 18 years of age. Some college credit preferred in area of Exercise Physiology or related field.
2. Obtaining AED, CPR, and First Aid certifications within 60 days of employment.
3. Staff must have a current Personal Trainer certification before doing any personal training. The following are organizations accepted as approved certifications: YMCA/ACE Strength and Conditioning, AFAA, ACE, ACSM, IFPA, ISCA, NASM, NCSF, NETA, NFPT, NSCA.
4. Demonstrated strong skills in working with and motivating people in a positive manner are required.
5. Extensive training in the discipline is preferred. Staff shall have an understanding of physical education principles, as well as the ability to work with "beginning/deconditioned" participants of all ages and abilities.
6. Demonstrate strong skills in working with and motivating people in a positive manner.

**WORK ENVIRONMENT AND PHYSICAL DEMANDS:**

1. 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.
2. Position requires the ability to perform physical activities with considerable use of arms and legs, while moving entire body over a period of time.
3. Position requires the ability to spot participants in required tricks and lift up to 50 lbs.

**SIGNATURE:**

I have reviewed and understand this job description.

\_\_\_\_\_  
Employee's name

\_\_\_\_\_  
Employee's signature

Today's date: \_\_\_\_\_