Job Posting- Personal Trainer/Small Group Training- Huntington, NY

**POSITION SUMMARY:** To instruct small group classes or provide one-on-one personal training in a safe, enjoyable, and positive environment that promotes member wellness and engagement in accordance with YMCA policies and procedures.

**Current Vacancies**
- Monday 9:30-10:30AM- Small Group Training
- Friday 8:00-9:00AM- Small Group Training
- Wednesday 10:45-11:15AM- Cardio Burst

**ESSENTIAL FUNCTIONS AND JOB SPECIFIC COMPETENCIES:**
- Lead energizing, fun, safe, and educational small group classes that accomplish the YMCA mission and goals.
- Answer questions from members to support them in achieving their goals related to healthy living.
- Maintain a working knowledge of health and wellness to provide effective information and support to members.
- Build effective, authentic relationships with members; help members connect with each other and the YMCA.
- Keep accurate class attendance records, if required.
- Follow YMCA policies and procedures, know emergency procedures, respond to emergencies and accurately file an incident report.
- Know and enforce all YMCA and Fitness Center rules to ensure the safety of all members/participants, immediately stop any behavior, which in your professional opinion is unsafe.
- Always act maturely and professionally.
- Dress neatly and professionally, with no midriff showing attire, wear YMCA logo and nametag.
- Know facility schedules and familiarize oneself with all YMCA programs.
- Ability to adjust the workout to accommodate a variety of fitness levels.
- Educate participants on proper form, anatomy, contraindications, and modifications of a move or moves.
- Arrive on time, prepared to begin and end the class on time. On time means you are changed, organized, scan/signed in for the start of your class, available to introduce and welcome new members. Three late arrivals will result in immediate action not limited to termination.
- Responsible for using Group Ex Pro for own class coverage when unavailable to teach.
- Use Group Ex Pro for communicating class attendance.
- Design appropriate workout regime to accomplish the client’s goals and YMCA mission.
- Responsible for following Personal Training Verification Protocol.
- Responsible for own scheduling of clients.

**QUALIFICATIONS/ CERTIFICATIONS**
- First Aid, CPR, AED certification required within six month of hire. Maintain active status on an annual basis.
- YMCA Sexual Harassment and Child Abuse Training within three months of hire.
- YMCA of Long Island New Employee Orientation within three months of hire.
- YMCA Foundations of Group Exercise certification or a national certification (ACE, ACSM, AFAA, NASM or equivalent) in-group exercise instruction. If incumbent does not have certification at time of hire, must achieve within three months of hire.
- YMCA Listen First within three months of hire.
- Certification in areas of expertise. (Personal Trainer, Yoga, Spinning, Diabetes Prevention, etc.)
- Must have knowledge of anatomy, kinesiology, strength and conditioning program leadership and implementation.

**HOW TO APPLY:**
For consideration, please email your resume and cover letter to Brittany Mueller, Brittany.Mueller@ymcali.org and Lauren Weissman, Lauren.Weissman@ymcali.org.

YMCA of Long Island, Inc. is an equal opportunity employer committed to valuing diversity and practicing inclusion.