



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## YMCA JOB DESCRIPTION

**Job Title:** Fitness Trainer

**FLSA Status:** Non Exempt

**Reports to:** Wellness Director

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### GENERAL FUNCTION:

Responsible for a broad range of health and fitness services including: exercise program design, monitoring, guidance, 1:1 training, all administrative duties, nutritional advice, and equipment and floor maintenance. The position is responsible for demonstrating YMCA leadership competencies to ensure the mission, purpose, image and core values of the YMCA of Middletown is conveyed.

### QUALIFICATIONS:

- Preferably a graduate of an accredited University/College
- With a Physical Education degree. Will consider an A.A.S.
- Graduate in Exercise Science with some working experience
- In a Fitness Facility. Students enrolled in the following
- Academic programs are urged to apply: Physical Therapy,
- Nursing, Exercise Science, and Fitness Trainer Certification.

### SPECIFIC RESPONSIBILITIES:

- Evaluate member's medical history via PAR-Q and Health History Questionnaire and Determine member's fitness goals.
- Design an exercise program on the exercise planner to fit the member's need (weight-loss, cardio, strength, and or flexibility goals).
- Offer nutritional advice when weight-loss or control is an issue.
- Understand and be able to explain the Maximum Target Heart Rate and the fat-burn vs. cardiovascular workouts on the cardio equipment.
- Understand and explain how to take a pulse.
- Administer a fitness testing on various equipment and be able to administer a body-fat composition test.
- Accurate file maintenance and appointment scheduling.
- Daily routine cleaning and maintenance on equipment pads and cardio equipment, re-stacking of free-weights and dumbbells, and floor vacuuming. General cleaning and dusting will be performed as needed during every shift.
- Perform safe stretching exercises for warm-up and cool-down periods (no ballistic movements).
- Fully understand the function of all of the cardio, Cybex circuit, and free weight equipment, and the muscle groups affected.
- Tour prospective members through the Wellness Center as well as the other parts of the building when needed or asked by the Front Desk.
- Any problems resulting between members or members and staff, should be reported immediately to the Health and Wellness Director.
- All other duties as assigned by supervisor.

### PHYSICAL REQUIREMENTS:

- Must be able to stand for extended duration of shift.
- Must be able to bend and stoop frequently.
- Must be able to lift at least twenty-five pounds.



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**EFFECT ON END RESULT:**

With consistent focus and delivery of the core operating objectives and good to great expectations, the YMCA will be recognized by the community as providing excellent service to all who walk through our doors or contact us on the phone.

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**Signature**

**Date**