



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

METROWEST YMCA

FITNESS/WELLNESS PART TIME JOBS, FRAMINGHAM

PERSONAL TRAINER

At the MetroWest YMCA, 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! **Pay from \$20.00 + per hour and more!** Equal Opportunity Employer.

The MetroWest YMCA needs **part time Personal Trainers** to provide a safe and welcoming environment within the Wellness Center, support and guide member's on proper use of strength and cardiovascular equipment, connect members to resources of the MetroWest YMCA, and train members in one-on-one settings or small groups. Personal Trainers also provide support to Wellness initiatives and programming. Personal Trainers maintain a safe and clean environment by following Wellness principles and policies of the Wellness Center.

ESSENTIAL FUNCTIONS:

1. Administers health screening forms and waivers to members, and requests medical clearance as necessary.
2. Conducts wellness consultations, and works with members to develop strategies to reach their health and fitness goals.
3. Provides orientation to new members on the use of strength and cardiovascular equipment.
4. Provides personal training to members.
5. Leads small group training specialty classes as determined by Health & Wellness Director.
6. Demonstrates up-to date knowledge, skills, and intent to learn and grow.
7. Thinks creatively when working with special populations and different work environments.
8. Provides support and feedback to members using the fitness facilities.
9. Ensures that members are using the equipment safely, and are aware of and following the procedures and policies of the Wellness Center.
10. Follows MetroWest YMCA emergency procedures and files accident or incident reports as required.
11. Works cooperatively with Wellness staff team to ensure the cleanliness of the Wellness Center by cleaning equipment, making sure that all areas are free from litter and discarded newspapers,

ensuring that equipment wipe dispensers and hand sanitizer dispensers are full, and broken equipment is reported properly.

12. Works cooperatively with the Wellness staff team to ensure the safety of the fitness facilities by returning weight plates, dumbbells, mats, and other equipment to their proper locations and by keeping all exits clear of equipment, fans, furniture, or anything else that would impede access to the exits.

13. Records any problems with equipment.

QUALIFICATIONS:

1. Current national certification in CPR/AED with First Aid.
2. Current personal training certification.
3. BS degree in exercise science, kinesiology, or related field (preferred).
4. Strong interpersonal and communication skills, and an interest and ability in working with individuals of all fitness levels, with special emphasis on Health Seekers and chronic disease prevention and management.
5. Must be able to relate and communicate to Members and staff and be able to interpret and carry out the mission and goals of the MetroWest YMCA.

PHYSICAL DEMANDS:

Must have the ability to hear and see activities and problems as they occur. Must be able to physically demonstrate the safe and proper use of strength and cardiovascular equipment.

GROUP EXERCISE INSTRUCTOR

The MetroWest YMCA is a nonprofit organization with the goal of strengthening the foundations of our community. We do this through programs that help build a healthy mind, body and spirit for all, and our programs are built around our three focus areas: Healthy Living, Youth Development and Social Responsibility. The Y is open to all, and we pride ourselves on the diversity of our members and employees. As an employer, the Y seeks to recruit energetic professionals, encourage work-life balance, and provide opportunities for growth and development! Competitive pay, paid sick time and MetroWest YMCA membership benefits! **Pay \$20 - 25 per hour!** Equal Opportunity Employer

Under the direction of the Wellness Director and in accordance with the policies established by the Board of Directors of the MetroWest YMCA, along with the mission and goals of the YMCA, the **part-time Group Exercise Instructor** will be responsible for leading group exercise classes that follow standards determined by the YMCA and the certifying agency, and that meet the class description as agreed upon between the Instructor and Group Exercise Coordinator.

ESSENTIAL FUNCTIONS:

- Leads energizing fun, safe, and educational group classes, as directed by the supervisor, to accomplish the YMCA mission and goals
- Greets class participants and answers questions from members to support them in achieving their goals related to healthy living. Maintains working knowledge of wellness and trends to provide effective information and support to members
- Builds effective, authentic relationships with members; helps members connect with each other and the YMCA

- Keeps accurate class attendance records, and maintains maximum attendance as determined by the Assistant Wellness Director. Provides appropriate equipment and ensures a safe environment
- Follows YMCA policies and procedures; responds to emergency situations, and reports facility issues to the professional on duty or to the Member Service desk
- Ensures a positive, professional environment, emphasizing the Core Values of caring, honesty, respect, and responsibility
- Attends departmental and Association staff meetings
- Performs other duties that relate to the Group Exercise Instructor position, as well as recertification requirements in CPR, AED and First Aid

QUALIFICATIONS:

1. Required certifications/training: National certification (ACE, NETA, AFAA, NASM) in group fitness instruction, YMCA Foundations of Group Exercise certification or training/certification in a specific fitness specialty, and CPR with AED and First Aid certifications
2. Excellent communication, interpersonal skills, self-motivated and an enthusiastic team member
3. One year of experience teaching group wellness classes preferred

PHYSICAL DEMANDS:

1. Must be able to physically demonstrate the group exercise classes being offered
2. Monitor class participants, provide feedback, and offer modifications as appropriate
3. Respond to emergencies, following current policies and submit complete, accurate, and legible accident or incident reports as needed
4. Follow the Crisis Communication Policy, and inform appropriate staff of an emergency or incident

WELLNESS FLOOR ATTENDANT

The MetroWest YMCA's mission and core values are brought to life by our culture. At the YMCA, 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! Equal Opportunity Employer.

POSITION SUMMARY:

Part time Wellness Floor Attendants are responsible for providing a safe and welcoming environment within the Wellness Center. Wellness floor attendants do this through connecting members to resources of the MetroWest YMCA, enforcing policies and procedures within the Wellness Center, and facility maintenance within the Wellness Center. This position also provides support to Wellness initiatives, administrative needs, and programming. **Starting pay from \$13.50 per hour!**

ESSENTIAL FUNCTIONS:

1. Cleaning the fitness floor following new COVID precautions

2. Ensures that members are aware of and following the procedures and policies of the Wellness Center including new COVID regulations
3. Conducts wellness consultations, and works with members to develop strategies to reach their health and fitness goals.
4. Provides orientation to new members on the use of strength and cardiovascular equipment.
5. Demonstrate interest and show intent to learn and grow within the health and wellness field.
6. Provides a welcoming environment to members using the fitness facilities.
7. Follows MetroWest YMCA emergency procedures and files accident or incident reports as required.
8. Works cooperatively with Wellness staff team to ensure the cleanliness of the Wellness Center by cleaning equipment, making sure that all areas are free from litter and discarded newspapers, ensuring that equipment wipe dispensers and hand sanitizer dispensers are full, and broken equipment is reported properly.
9. Works cooperatively with the Wellness staff team to ensure the safety of the fitness facilities by returning weight plates, dumbbells, mats, and other equipment to their proper locations and by keeping all exits clear of equipment, fans, furniture, or anything else that would impede access to the exits.
10. Records any problems with equipment.
11. Performs other duties as assigned by Health & Wellness Director.

QUALIFICATIONS:

1. Current certification in CPR/AED with First Aid
2. Interest in the health & wellness/ fitness field
3. Strong interpersonal and communication skills, and an interest and ability in working with individuals of all fitness levels, with special emphasis on Health Seekers and chronic disease prevention and management
4. Must be able to relate and communicate to Members and staff and be able to interpret and carry out the mission and goals of the MetroWest YMCA.

PHYSICAL DEMANDS:

Must have the ability to hear and see activities and problems as they occur. Must be able to physically demonstrate the safe and proper use of strength and cardiovascular equipment.

Qualified and interested applicants please submit a cover letter and resume to Employment@metrowestymca.org or apply online.

TO APPLY, CLICK HERE TO FILL OUT THE APPLICATION. THEN, SAVE YOUR APPLICATION AND EMAIL IT TO EMPLOYMENT@METROWESTYMCA.ORG