

Certified Personal Trainer

- Design and support weight training programs for members of various skill levels.
 - Instruct weight-training programs such as Small Group Personal Training and Wellness Centre Orientation.
 - Offer all new users of the facility an orientation to the cardio/weight room and a tour of the facility.
 - Replenish all paper towel racks, disinfectant cleaning bottles.
 - Clean the weight room including equipment, benches and mats. Return weights to racks, and medicine balls, ropes etc., to their designated places.
 - Daily check of equipment to ensure it is operating properly. Record maintenance and equipment issues.
 - Communicate effectively and efficiently with all colleagues in the facility to ensure the services offered are of the highest quality.
 - Maintain YMCA SAM standards and act as a positive role model for our mission, vision, values, and commitment to service.
 - Contribute to the YMCA by providing support to other staff, members and participants in Y initiatives.
 - To maintain current qualifications as required by this position and follow YMCA policies regarding instructor certification/re-certification.
- * May include other related duties as required

Qualifications

- Certificate in either ACSM, CSEP, Canfitpro, FNB or YMCA Personal Training **(required)**.
- Certificate in Group Fitness (an asset).
- Flexibility regarding assigned working hours, including days, evenings and weekends.
- Proven customer service.
- Relevant computer skills: email, Word, Excel.
- Must have a strong collaborative work ethic, ability to work as part of a team.
- Experience and sensitivity in dealing with diverse children and families, including people of different cultural and racial backgrounds, visible and invisible dimensions of diversity.

Please Submit Resume To:

Joan Gillespie

Manager, Wellness Centre, AquaFit & Group Fitness

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