



Certified Personal Trainer
YMCA of Auburn-Lewiston
Auburn, ME 04210
\$22 - \$26 an hour - Part-time

POSITION SUMMARY:

This position supports the work of the Y, a leading nonprofit, committed to strengthening community through youth development, social responsibility, with a particular focus on healthy living. Personal trainers engage Y members to achieve their health and wellness goals through creative and professionally designed programs appropriate to the fitness level of participants. Models the core values of Caring, Honesty, Respect, and Responsibility.

ESSENTIAL FUNCTIONS:

- Lead energizing, fun, safe and educational training sessions to accomplish YMCA mission and goals.
- Build positive relationships with members.
- Maintain working knowledge of wellness and trends to provide safe and effective workouts to members
- Utilizes working knowledge of proper exercise equipment, good body mechanics and healthy exercise practices.
- Exercises good judgment and discretion and provides excellent customer service.
- Pays attention to detail; applies logical thinking, can solve practical problems and design and implement work processes.
- Can work with frequent distractions and interruptions and a varied routine; able to handle multiple tasks and demands.

QUALIFICATIONS:

- Minimum age requirement of 18.
- Ability to assess individual fitness and effectively build a customized fitness program.
- High school graduate or equivalent preferred.

- CPR, First Aid, AED certifications preferred prior to hire. Must obtain within 30 days of hire.
- Certified Personal Training Certification required from one of the following: American College of Sports Medicine (ACSM), National Academy of Sports Medicine (NASM), National Strength and Conditioning Association (NSCA), American Council on Exercise (ACE), etc.
- Thorough knowledge of strength and cardiovascular equipment and their appropriate use.

Part-time; all shifts available.

Pay: \$22.00 - \$26.00 per hour

Education: High school or equivalent (Preferred)

License/Certification: Personal Trainer Certification (Required)

Work Location: In person

Download an application at <https://alymca.org/now-hiring/>