



JOB DESCRIPTION

Position	Health & Fitness Coach
Program	Fitness Center
Starting Rate of Pay	\$9.10-10.00 per hour
Status	Part-time, various hours
Basic Assignments	Responsible for providing safe fitness instruction and courteous service to our members, Monitoring all areas of the Fitness Center, and maintaining a safe and clean environment.
Qualifications	<ul style="list-style-type: none">• Must be 18 years or older.• Able to demonstrate knowledge of fitness principles and YMCA protocols.• Able to effectively design strength training and cardio programs for members.• Maintain current CPR with AED and First Aid (available through YMCA at a staff fee).• Willingness to continue training in order to advance skills or expand current skill level.• Ability to communicate with a diverse group of individuals and maintain a service-oriented relationship with members.
Major Functions	<ul style="list-style-type: none">• Monitor The Fitness Center and Activity Center.• Conduct fitness equipment orientations to new members• Utilize "Listen First Skills" in accordance with YMCA of the USA Activate America initiative• Motivate and guide the progress and development of members' fitness programs.• Clean, inspect and perform preventative maintenance checks on the fitness equipment.• Adhere to YMCA policies, procedures and established guidelines.
Language Skills	<ul style="list-style-type: none">• Ability to read and comprehend simple instructions, short correspondence, and memos.• Ability to write simple correspondence.• Ability to effectively present information in one-on-one and small group situations to customers, clients, and other employees in the organization.• Ability to respond effectively to common inquiries or complaints in a way that portrays the YMCA's Core values
Math Skills	<ul style="list-style-type: none">• Ability to add, subtract, multiply and divide.
Reasoning Ability	<ul style="list-style-type: none">• Ability to analyze moderately complex problems where there are standardized activities.• Problem solving results from conformity to established patterns and policies.• Ability to analyze and resolve difficult problem/situation.
Physical Demands	<p>The physical demands described here are representative of those that must be met by an employee to successfully perform the essential functions of this job. Reasonable accommodations may be made to enable individuals with disabilities to perform the essential functions.</p> <p>While performing the duties of this job, the employee is regularly required to stand and walk.</p>

The employee frequently is required to talk or hear. The employee is occasionally required to sit; use hands to finger, handle, or feel objects, tools, or controls; reach with hands and arms; climb or balance; and stoop, kneel, crouch, or crawl.

The employee must occasionally lift and/or move up to 50 pounds. Specific vision abilities required by this job include close vision, distance vision, peripheral vision, depth perception, and the ability to focus.

WORK ENVIRONMENT

The work environment characteristics described here are representative of those an employee encounters while performing the essential functions of this job. Reasonable accommodations may be made to enable individuals with disabilities to perform the essential functions.

While performing the duties of this job, the employee frequently works near moving mechanical parts. The employee is occasionally exposed to fumes or airborne particles, toxic or caustic chemicals, and vibration.

The noise level in the work environment is may be loud.

EFFECT ON END RESULTS

- Members will have safe and effective orientations.
- Members will feel welcome and that their needs and feedback are well received.
- Members will receive consistent positive feedback on techniques and exercise choice from staff.
- Members will receive encouragement and recognition from staff.
- Members will follow room rules.
- The Fitness Centers will be clean, safe and free from obstructions.
- Staff will know members by name.
- Staff will attend scheduled staff meetings.
- Staff will report any difficulties to supervisor immediately.

The position has a significant impact on the effectiveness with which the YMCA accomplishes its Mission, Goals Objectives in the service to our members. Goal is to achieve member satisfaction with quality, safety and cleanliness in all areas.

Send Resume/Application to:

Health and Fitness Director
Sonoma County Family YMCA
1111 College Ave
Santa Rosa, CA 95404
Fax: 707-544-1829