



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## PERSONAL TRAINER – Ann Arbor YMCA

**Location:** 400 W Washington, Ann Arbor    **Type:** Part-time

### OUR CULTURE

Our mission and core values are brought to life by our culture. It's who we are, who we aspire to be and how we show up every day. We are cause-driven. We don't just show up, we show up with purpose. **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.

### YOUR ROLE

We act with intentionality to connect people to our cause through our service and engagement principles. Every day we:

- **Welcome** – Smile, greet members by name and introduce ourselves.
- **Connect** – Ask questions, share a story and introduce members to other staff and members.
- **Support** – Affirm and encourage members and wish them well.
- **Invite** – Share opportunities for members to get involved and give back to the community.

### LOCATIONS

We are active in several locations in Michigan including: Ann Arbor, Ypsilanti, Dexter/Pinckney and Burt Lake/Indian River.

**Join us and help transform lives.**

**Hiring range:** \$17.00-\$21.00/per hour depending on experience

### **GENERAL FUNCTION:**

Under the supervision of the Health & Wellness Director and in accordance with the mission and purpose of the Ann Arbor YMCA, the Personal Trainer has the responsibility of developing and implementing individualized workout regimens and conducting fitness assessments for members.

#### **REQUIREMENTS:**

- A minimum of 1-year of experience required working in YMCA wellness center or similar facility.
- High school diploma or equivalent is required. Minimum of 2 years of college completed in a related field is preferred.
- Thorough knowledge of exercise science is required; including functional anatomy, exercise physiology, nutrition & injury prevention.
- Read and respond to all Y communication including but not limited to email.
- Multi-lingual ability is preferred.

#### **CERTIFICATIONS:**

- Certification as a Personal Trainer with a national organization that tests theoretical knowledge and performance (ACE, NASM ACSM, NETA etc.) is required.
- Currently certified in CPR & AED or obtain within 60 days of hire.

#### **APPLICATION DEADLINE:** Ongoing

**APPLICATIONS TO:** Kit Kieser  
[KKieser@AnnArborYMCA.org](mailto:KKieser@AnnArborYMCA.org)

Please submit Employment Application,  
Resumé and references.

#### **ANN ARBOR YMCA BENEFITS:**

**Individual membership**  
**Program/Child care/Camp fee reduction**  
**Go!Pass for AATA**

FULL JOB DESCRIPTION IS AVAILABLE UPON REQUEST.