

FITNESS COACH

We are seeking a FITNESS COACH at the Downtown Berkeley YMCA who can help achieve the Y's goals which are to bring families closer together, encourage good health, and foster connections through fitness, sports, enrichment activities and shared interests.

Responsibilities for this position:

Build healthy relationships and positive experiences through exercise. Help members feel welcome and supported as they participate in all the activities and programs. Instruct members on use of equipment through orientations, assist with member's questions and concerns, and provide excellent member service. In addition, instructor's responsibilities include keeping the fitness center, equipment and *women's locker room* clean and neat.

The most important characteristic of great fitness coaching staff is being enthusiastically proactive in helping members and staff.

Included in the job:

- Ability to interact, engage and assist people with a wide variety of ages, personalities, and physical abilities
- Mature, responsible and possess excellent people skills
- Knowledge and understanding of strength training principles, and overall fitness and cardio conditioning principles
- Available to work early mornings and some evenings and weekends

This job is for you if you have:

- Current CPR/AED and First Aid Certification
- Experience in great customer service
- Good communication skills
- Excellent listening and facilitation skills
- Knowledge of anatomy and basic fitness principles

You might also have:

- Current nationally recognized Personal Training Certification (ACSM, ACE, NASM, and NSCA are all accredited by the National Commission for Certifying Agencies)
- Knowledge of the Y through your own experience.

Compensation:

- This is a part-time job.
- This is at a non-profit organization.

Please submit your resume in a word document to: kmarquis@ymcacba.org