



NOW HIRING

Wellness Coach

This position supports the work of the Y, a leading nonprofit committed to strengthening community through youth development, healthy living and social responsibility. Interacts with new and existing members to help them in achieving their health and well-being goals. Creates a welcoming environment for all members of all backgrounds and abilities.

ESSENTIAL FUNCTIONS

1. Builds effective, authentic relationships with members; helps members connect with each other and the YMCA. Introduces new members to group exercise communities based their health and well-being goals.
2. Utilizes tools and information for the purpose of increasing member knowledge of wellness as well as wellness programs provided through the YMCA (handouts, schedules, etc.).
3. Gives tours to potential members and new members.
4. Is visible and available to assist members.
5. Conducts fitness assessments, as needed.
6. Maintains and cleans equipment according to the schedule or as requested by supervisor.
7. Ensures weight rooms and workout areas are neat, clean and organized. Cleans equipment and vacuums as needed.
8. Checks equipment for maintenance needs, reports any issues that cannot be fixed easily.
9. Follows YMCA policies and procedures; responds to emergency situations.
10. Attends community events, special events, health fairs, and training sessions as directed.
11. Attends all staff meetings.

QUALIFICATIONS

- Pursuing a degree in Exercise Science or Health Science preferred. A personal training certification or group fitness certification, preferred but not required.
- Experience and/or certifications in working and/or teaching the use of the selectorized equipment and free weight programs preferred.
- Good public relations skills and be able to communicate effectively, as well as excellent interpersonal and problem solving skills
- Perform the physical demands of demonstrating proper exercise technique.
- Daily duties may require lifting up to 75lbs-100lbs. (IE. Moving heavy equipment for equipment maintenance).
- Ability to relate effectively to diverse groups of people from all social and economic segments of the community.
- Has the ability to assess daily needs and the initiative to carry out responsibilities related to those needs.
- Current CPR/AED Certification (or must be obtained within 30 days of hire).