



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Job Title: Certified TRX Instructor

Reports to: Wellness Lead

Schedule: Part time Hourly 2-5 hours per week

Employee Benefits

- YMCA Membership – Free individual membership plus 24/7 facility access with FOB.
- 403(b) and Roth contributions available.

The Manitowoc–Two Rivers YMCA is seeking an enthusiastic, motivating, and community-focused **TRX Instructor** to join our Wellness team. This position is ideal for a **certified TRX instructor** or an individual who is passionate about fitness and willing to **obtain TRX certification** with YMCA support.

At the Y, strengthening community is our cause. Every day, we work side-by-side with our neighbors to make sure everyone has the opportunity to learn, grow, and thrive.

POSITION SUMMARY

The TRX Instructor is responsible for planning and leading safe, effective, and engaging TRX suspension training classes for members of varying fitness levels. This individual will create a welcoming environment that promotes health, wellness, and member engagement while supporting YMCA mission and values.

ESSENTIAL FUNCTIONS

- Lead TRX suspension training classes that are safe, inclusive, and motivating.
- Provide proper instruction on TRX equipment use, form, and modifications.
- Adapt exercises to accommodate beginner through advanced participants.
- Foster a welcoming and supportive atmosphere aligned with YMCA values.
- Arrive prepared and on time for scheduled classes.
- Maintain participant safety and respond appropriately to emergencies.
- Support member engagement and retention through positive interactions.

QUALIFICATIONS

- Current TRX Certification preferred **OR willingness to obtain certification within an agreed-upon timeframe (YMCA support may be available).**
- CPR/AED and First Aid Certification (or ability to obtain upon hire).
- Strong interpersonal and communication skills.
- Ability to motivate participants of diverse ages and fitness abilities.
- Commitment to YMCA mission, values, and member service standards.

WORK ENVIRONMENT & PHYSICAL DEMANDS

- Ability to demonstrate exercises and lift, push, or pull equipment as needed.
- Ability to stand, walk, bend, and instruct classes for extended periods.
- CPR & AED certification is required and must be completed within 90 days of hire.
- Must complete YMCA-required abuse prevention and mandatory reporting training within 30 days of hire and remain current with all ongoing compliance training.