



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

**Part-Time Personal Trainer**  
**FREE YMCA Membership & 24/7 Access**  
**Make your own Schedule**  
**Eligible to enroll in: 403b**  
**Wage: \$33.41/hour**

Are you passionate about fitness and enjoy helping others reach their goals? The Manitowoc-Two Rivers YMCA is looking for an energetic, motivated, and dependable **Personal Trainer** to join our team!

As a Personal Trainer, you'll work one-on-one and in small groups with YMCA members to help them become stronger, healthier, and more confident in a welcoming and supportive environment.

### **What You'll Do**

- Provide one-on-one and small-group personal training sessions.
- Develop safe and effective workouts based on each client's goals, abilities, and fitness level.
- Teach proper exercise techniques and equipment use.
- Motivate and support clients as they work toward their fitness goals.
- Build positive relationships with members and create a welcoming YMCA experience.
- Maintain client records and follow YMCA safety procedures.

### **Qualifications**

- **Current Personal Training Certification is required.**
- Knowledge of exercise, strength training, and general fitness principles.
- Ability to work with individuals of varying ages, abilities, and fitness levels.
- Strong communication and customer service skills.
- Dependable, professional, positive, and motivated.
- **CPR/AED certification required; training will be provided by the YMCA after hire.**

### **We'll Help Invest in Your Certification!**

Already certified? The YMCA will **reimburse 50% of eligible Personal Training recertification fees.**

Interested in becoming certified? For the right candidate, the YMCA will **pay 50% of the cost of an approved Personal Training Certification.** Certification must be successfully completed before providing personal training services.

Join the YMCA and turn your passion for fitness into an opportunity to help others achieve their goals!

### **To Apply**

Send your resume to **lhollen@mtrymca.org** or stop by the YMCA Front Desk to pick up an application!