

## Twin Pike Family YMCA Job Description

Job Title: **Wellness Coach** (Wellness)

FLSA Status: Non-Exempt/Part-time

Reports to: Sr. Program Director

Date: 1/2020

### Position Summary:

The wellness supervisor's main responsibility is ensuring a safe environment for all of our members in the fitness center. This includes checking ages for children under 16 years of age that have not completed a strong family orientation, scheduling and performing strong family orientations, assisting members to help them better understand how to properly utilize the equipment, maintaining a clean and organized area following a detailed list of daily responsibilities, reporting any damaged or malfunctioning equipment to the Sr. Program Director, and supervising the gym, weight room, and upstairs area.

### JOB RESPONSIBILITIES:

- Create a safe and secure environment for all members, guests and visitors in the Wellness Center.
- Monitor Wellness Floor. Gym and upstairs area to ensure an exceptional member experience. (I.e. re-rack weights, clean machines, remove trash and debris, replenish towels, log maintenance issues related to equipment, etc.)
- Engage all members, guests, visitors with superior customer services. Greeting all with a friendly smile and offer of support.
- Other duties as assigned.
- Must become CPR/AED/First Aid certified – Training provided.

### YMCA Competencies (Leader):

Mission Advancement: Accept and demonstrate the Y's values.

Collaboration: Work effectively with people of different backgrounds, abilities, opinions, and perceptions. Build rapport and relates well to others. Seeks first to understand the other person's point of view and remains calm in challenging situations. Listen for understanding and meaning; speaks and writes effectively. Take initiative to assist in developing others.

Operational Effectiveness: Make sound judgments, and transfer learning from one situation to another. Embrace new approaches and discover ideas to create a better member experience. Strive to meet or exceed goals and deliver a high-value experience for members.

Personal Growth: Pursue self-development that enhances job performance. Demonstrate an openness to change, and seek opportunities in the change process. Accurately assess personal feelings, strengths, and limitations and how they impact relationships.

### Qualifications:

1. High School Diploma or GED equivalent required.
2. Experience working in a gym environment with knowledge of general health and wellness is preferred.
3. Must have excellent people skills and align with the YMCA core values of caring, honesty, respect and responsibility.
4. Completes Y HR and Safety Trainings including Child Abuse prevention & Blood-borne Pathogens within given time frame.

### Physical Demands:

1. Must be able to pass a pre-employment drug test.
2. Ability to perform all physical aspects of the position; including walking, standing, bending, reaching, and lifting.
3. Must be able to lift 30 lbs.