



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

WELLNESS COACH JOB DESCRIPTION

Job Title: Wellness Coach (Wellness/Fitness)

FLSA Status: Part Time

Reports to: Wellness Director

Dept. Code: 1111

Revision Date: 3 -1-2022

POSITION SUMMARY:

The Wellness Coach is the host/hostess of the YMCA. He/she will impact and engage YMCA and community members in the areas of youth development, social responsibility, and a particular focus on healthy living. This will be accomplished through connecting members to the different components of the Y and creating a safe, effective, and inviting atmosphere.

ESSENTIAL FUNCTIONS:

1. Welcome and encourage members to utilize the facility. Build effective, authentic relationships with members; help members connect with each other and the YMCA.
2. Engage in active listening. Answer questions from members to support them in achieving their goals related to health and well-being.
3. Maintain knowledge of YMCA programming, classes and community resources, that will help to match members with activities that are suitable for them, in order to nurture member retention and satisfaction.
4. Conduct orientations for members, which are centered around the needs/wants of the member. Get to know the individual and use their time wisely to educate/orient them with our facility and programming.
5. Demonstrate the proper use of exercise equipment in the Wellness Area. Understand and cue members to use proper mechanics and form during basic exercises.
6. Respond to member and community inquiries and complaints in a timely and professional manner. Communicate these to your supervisor.
7. Maintain the cleanliness of the Wellness Center; including by not limited to towels, spray bottles, wiping equipment, and organizing attachments/weights.
8. Follow and enforce YMCA policies and procedures; respond to emergency situations.
9. Act as a role-model. Dress and act professionally. Demonstrate core values whenever in our YMCA building, even when "off the clock" during personal workouts.
10. Performs other duties as assigned.

