FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FITNESS FLOOR MONITOR

Job Title: **Fitness Floor Monitor**

Status: **Part Time, Non-Exempt**

Reports to: **Andrea Arts, YMCA of Alaska Association Fitness Director**

Last Revised: October 2026

POSITION SUMMARY:

The Fitness Floor Monitor helps maintain a safe, clean, and welcoming environment for YMCA of Alaska members. Responsibilities include monitoring fitness equipment and member activity, providing basic equipment guidance, conducting routine fitness floor and locker room walkthroughs, and responding to member needs. The role supports a positive member experience while promoting safety, cleanliness, and proper use of YMCA facilities.

This position supports the work of the Y, a leading nonprofit, charitable organization committed to strengthening our community through youth development, healthy living, and social responsibility. The Fitness Floor Monitor at the YMCA of Alaska serves others by intentionally welcoming, connecting, and supporting them and inviting them to get involved and give back to the community.

OUR CULTURE:

Our mission and core values are brought to life by our culture. In the Y, we strive to live our cause of strengthening communities with purpose and intentionality every day. **We are welcoming:** we are open to all. We are a place where you can belong and become. **We are genuine:** we value you and embrace your individuality. **We are hopeful:** we believe in you and your potential to become a catalyst in the world. **We are nurturing:** we support you in your journey to develop your full potential. **We are determined:** above all else, we are on a relentless quest to make our community stronger beginning with you.

ESSENTIAL FUNCTIONS:

- Creates a safe environment in which all individuals feel welcomed and respected; builds relationships with and among members and program participants.
- Communicates appropriately with individuals based on readiness to change; coaches them in support of their desired behavior change and regularly checks on members' progress in meeting personal and program goals.
- Shares fitness/wellness program information with members, using available tools and resources (e.g., handouts, schedules).
- Asks and answers questions (e.g., post-enrollment interview) and displays empathy in support of helping members and program participants define and build confidence to achieve their health and wellness goals based on their personal goals, cultural background, healthcare needs, diverse abilities, and interests; develops plans to meet their individual needs.
- Identifies and celebrates the successes of members and program participants.
- Maintains working knowledge of wellness and trends to provide effective information and support to members.
- Maintains and cleans equipment & fitness areas according to the schedule or as requested by supervisor.
- Follows YMCA policies and procedures; responds to emergency situations and attends all staff meetings.
- Builds effective, authentic relationships with members; helps members connect with each other and the YMCA. Introduces new members to group exercise communities based on their health and well-being goals.
- Reports all equipment damage or failures to the Fitness Director.
- Will be available to cover Youth Fitness classes and will otherwise not be engaged in any activities other than working the fitness floor during those times.
- Performs other duties as assigned.

LEADERSHIP COMPETENCIES:

- Communication
- Developing Self & Others
- Inclusion

TRAINING AND CERTIFICATIONS: (Learning Hub training within 30 days of employment)

All Fitness Staff Required Training:

- CPR, First Aid, and AED certifications
- The Y and You: New Employee Orientation
- I Hear You: Service with CARE
- Introduction to Y's cause and culture
- Living Our Cause
- The Y's Way to Service & Engagement
- 3 Keys to Successful Family Engagement
- Developing empathy for those with excess weight
- Understanding Diabetes
- HIPAA

Fitness Floor Monitor Required Training:

- Strength and Conditioning Instructor Certification Learning Plan

QUALIFICATIONS:

- High School diploma or GED
- Working Knowledge of all our fitness equipment
- At least one year of experience in the fitness industry.
- Demonstrate customer service skills and verbal communication skills.
- Demonstrate the ability to motivate others to achieve their health and well-being goals.
- Demonstrate ability to work with all age groups and ability levels.
- Ability to respond to safety and emergency situations.
- Previous experience with diverse populations preferred.

WORK ENVIRONMENT & PHYSICAL DEMANDS:

This work requires the following physical activities: climbing, bending, stooping, kneeling, twisting, reaching, sitting, standing, walking, lifting, finger dexterity, grasping, repetitive motions, talking hearing, and visual acuity. Must be able to stand or sit for extended periods and not become distracted. Capable to lift and carry up to 50 pounds. Duties are performed primarily indoors; occasionally exposed to outdoor conditions, frequently exposed to cleaning chemicals/products, the noise level in the work environment is moderate.

SHIFT EXPECTATIONS:

Your shift is your responsibility. If you are unable to work, you must contact other fitness floor staff to find coverage and notify the Fitness Director as early as possible. If coverage cannot be secured, the Fitness Director must be informed. If you are running late, please call the front desk to notify them and also notify the Fitness Director.

SIGNATURE:

I have reviewed and I understand this job description.

_____ _____

Employee's name Employee's signature

Today's date: _____