



Employment Opportunity

YMCA Northumberland is currently accepting applications for the following vacant Part-Time position:

Personal Trainers — Cobourg YMCA

We are seeking a dedicated and enthusiastic Personal Trainer to join our fitness team. The ideal candidate will have a passion for helping individuals achieve their health and wellness goals through personalized coaching, education, and support.

Personal Training Sessions are compensated at \$25.00 per hour with Personal Conditioning Shifts paid at a rate of \$18.25 per hour. Opportunities for Personal Training hours may increase with client demand and as trainer clientele grows.

Position Structure

This role combines Personal Training opportunities with scheduled Personal Conditioning Centre (PCC) shifts. PCC shifts allow trainers to build relationships with members, develop their client base, provide fitness support, and contribute to a positive member experience.

Reporting to the Coordinator, Fitness and Adult Programs, this part-time position will provide direct service delivery in leading one-to-one Personal Training, wellness appointments, and orientations. This position requires flexible work hours.

Responsibilities

- Develop customized Personal Training exercise programs tailored to individual client needs and goals.
- Conduct one-on-one wellness appointments, orientations, and Personal Training sessions.
- Support member engagement, safety, and facility operations during shifts.
- Assist with light cleaning duties, equipment organization, and general upkeep of the fitness centre to ensure a positive member experience.

Requirements

- Current certification in Personal Training (expired certifications may be considered)
- Current Standard First Aid and CPR-C/AED certification, or ability to obtain within an agreed-upon timeframe.
- Expert knowledge of fitness and exercise equipment
- Experience coaching individuals in fitness, health and wellness.



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YMCA Northumberland is a growing service organization and charity, with over 300 employees and 130 volunteers based out of Cobourg with Membership Centres in Cobourg, Brighton and Campbellford (opening soon). YMCA Northumberland also operates 25 licensed Child Care Centres and 5 EarlyON Child and Family Centres focusing on child development across Northumberland.

At YMCA Northumberland, we celebrate and embrace diversity in all its forms. We welcome applicants of all orientations, genders, ethnicities, abilities, and backgrounds. We believe that a diverse workforce enriches our community and fosters innovation. We are committed to creating an inclusive environment where everyone feels valued and empowered to contribute their unique perspectives. Accommodation is available on request for candidates taking part in all aspects of the selection process.

Together, we strive to build a brighter future for all.

Join YMCA Northumberland in building a community where everyone can shine! We strive to offer vital programs and services that nurture the spirit, mind, and body to ignite the potential in everyone, wherever they may be in their life journey.

Please submit a letter of application, resume and copies of all qualifications by June 29th, 2026 to:

Krista Nott, Coordinator – Fitness and Adult Programs
YMCA Northumberland
339 Elgin Street West, Cobourg, Ontario K9A 4X5
krista.nott@nrt.ymca.ca

We appreciate all applications. However, only those being considered for the position will be contacted.

