



Oshkosh YMCA Fitness Internships

Title: Health & Wellness Internship

A. Summary

The full-time health & wellness intern will be responsible for developing, organizing, implementing, and assessing health and wellness programming for YMCA members, corporate companies, and employees.

B. Critical Functions

Establish, promote, execute, and evaluate group exercise classes, member engagement challenges, personal training, management, marketing, and corporate wellness classes and lunch and learns.

C. Tasks and Responsibilities

- Implement programs and initiatives aimed at encouraging stress management, physical activity, healthy eating, and preventative health practices in the workplace.
- Work with our marketing team to develop flyers, posters, and membership engagement activities.
- Observe, facilitate and collaborate with the Health and Wellness Director to teach group exercise classes, equipment orientations, and day to day operations.
- Personal train with active members to include individuals with multiple comorbidities.
- Design, implement, and evaluate fitness programs that are sustainable.
- Attend personal training meetings on a weekly basis.
- Innovate and Improve the daily duties of the health and wellness professional and personal trainers.

D. Qualifications

- A student with senior standing, enrolled in an accredited four-year University who is successfully pursuing a degree in an appropriate discipline in the health and wellness field.
- CPR/AED/First-Aid required
- ACSM/NSCA/NASM certification preferred (willingness to complete by end of internship)
- Proficiency in Microsoft Office (Publisher, PowerPoint, Outlook)
- Excellent writing, editing, and oral communication skills

Interested applicants email Rich with resume and cover letter at richroehrick@oshkoshymca.org