



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Group Exercise Instructor

POSITION SUMMARY:

Instructs group classes in a safe, enjoyable, and positive environment that promotes member wellness and engagement in accordance with YMCA policies and procedures.

ESSENTIAL FUNCTIONS:

1. Leads energizing, fun, safe, and educational group classes, as directed by the supervisor, to accomplish the YMCA mission and goals.
2. Answers questions from members to support them in achieving their goals related to healthy living.
3. Maintains working knowledge of wellness and trends to provide effective information and support to members.
4. Builds effective, authentic relationships with members; helps members connect with each other and the YMCA.
5. Keeps accurate class attendance records.
6. Follows YMCA policies and procedures; responds to emergency situations.

QUALIFICATIONS:

1. Required certifications: CPR/AED, National Certification (ACE, NETA, AFAA, NASM) in group fitness instruction or foundations of primary group exercise certification.
2. Certification in areas of expertise.
3. Must keep all certifications current.
4. YMCA Healthy Lifestyles certification within 60 days of hire.
5. At least one year of experience teaching group wellness classes preferred. Must be able to sub.

PHYSICAL DEMANDS:

1. Ability to conduct classes and activities.
2. Ability to perform all physical aspects of the position; including leading class, walking, standing, bending, reaching, and lifting.

WORK SCHEDULE: Weekend availability (Saturday and Sunday mornings), need CPR and AED/Certified in Group Exercise.

PAY RATE RANGE: \$25.00 - \$38.00 per hour depending on skills/years of experience

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