

Twin Pike Family YMCA Job Description

Job Title: **Group Instructor (Wellness/Fitness)**

FLSA Status: Part-time Non-Exempt

Reports to: Sr. Program Director / Group Fitness Coordinator

Revision Date: 10/19

Position/Job Summary:

Group Fitness Instructors lead and organize group exercise programs to help members improve their health and fitness. Group Fitness Instructors maintain a safe and enjoyable atmosphere for class participants.

Essential Functions:

- Leads group classes, as directed by the supervisor, to accomplish the YMCA mission and goals. Sets up and takes down necessary equipment to conduct class
- Conducts energizing, fun, safe, and educational classes
- Builds effective relationships with members; helps members connect with each other and the YMCA
- Maintains working knowledge of wellness and trends to provide effective information and support to members
- Keeps accurate class attendance records
- Follows YMCA policies and procedures; responds to emergency situations.
- Attends and participates in staff meetings, staff training and YMCA events, as designated

Specific Responsibilities:

- Find your own sub when needed and communicate to the Sr. Program Director/Group Fitness Coordinator
- Attend all scheduled meetings
- Work assigned health and wellness events
- Be punctual for all scheduled classes and meetings
- Maintain open communication with your Sr. Program Director/Group Fitness Coordinator and co-workers
- Maintain your personal training certification with continuing education credits
- Smile, have fun, and enjoy!

Qualifications: Preferred but Not Required

- Required certifications: CPR, First Aid, AED (YMCA will provide in-house training)
- Certification (ACE, NETA, AFAA, NASM) in group fitness instruction or YMCA Foundations of Group Exercise certification is preferred
- Certification in areas of expertise is preferred
- YMCA Healthy Lifestyles certification is preferred
- At least one year of experience teaching group wellness classes preferred
- If not certified we offer in-house training (inquire about 3-Tier training)

Physical Demands:

- Ability to pass a pre-employment drug test
- Ability to conduct classes and activities relating to fitness
- Ability to perform all physical aspects of the position; including walking, standing, bending, reaching, and lifting