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FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Twin Pike Family YMCA Job Description

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

FLSA Status: Part-time Non-Exempt

Reports to: Group Fitness Coordinator

Revision Date: 01/01/2026

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### **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.

### **Responsibilities:**

- Professional Demeanor: The Group Fitness staff will represent the Twin Pike Family YMCA in a positive, professional manner to the community. The employee must be self-motivated and must be able to interact positively with members, guests and fellow staff
- All guidelines must be followed in accordance with the Employee Handbook

### **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
- Model the Y's core values: Caring, Honesty, Respect and Responsibility, with members, guests, special groups and fellow staff
- 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 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 Group Fitness Coordinator and co-workers
- Maintain your necessary certification with continuing education credits
- Smile, have fun, and enjoy!

### **Qualifications:**

- Minimum age of 16
- Successfully pass background checks
- Able to work independently and with minimal supervision. Organized and detail-oriented
- Friendly/outgoing personality and exceptional member/guest services
- Complete CPR, First Aid, AED (YMCA will provide), all in-house and on-line required trainings within designated time of hire

### **Preferred but Not Required**

- 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

**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

**BENEFITS:**

- Free individual TPFY membership/program discounts when you work at least 8 hours per month
- Eligible to participate in 403B savings account through Retirement Fund
- Pay rate \$15/hr.