



# NOW HIRING

## Group Fitness Instructor

Instructs group classes in a safe, enjoyable, and positive environment that promotes member wellness and engagement in accordance with YMCA policies and procedures. This position also creates a welcoming environment for all members of all backgrounds and abilities.

### ESSENTIAL FUNCTIONS

1. Leads energizing, fun, safe, and educational group classes according to the class descriptions and specific program guidelines in the YMCA program manuals.
2. Builds effective, authentic relationships with members; helps members connect with each other and the YMCA.
3. Provides medical attention to class participants when needed, giving full attention to the individual involved. Follows all CPR procedures if necessary. Completes & submits required documentation of all incidents immediately to the Group Fitness Coordinators.
4. Keeps the class participants informed and aware of YMCA news and upcoming events, helping ensure the success of other YMCA programs and activities.
5. Arrives a minimum of 15 minutes prior to class start time. Ensures all classes begin on time.
6. Ensures all equipment is properly stored after classes, and group fitness rooms are left clean and neat. Encourages all class participants to put away all equipment used.
7. Secures replacement/substitute instructors when unable to fulfill assigned class commitments.
8. Keeps substitutions/missed classes to a minimum. Provides plenty of advance notice for changes.
9. Teaches a 2-class minimum per month.
10. Maintains current required certifications.
11. Ensures Group Fitness stereo equipment is kept in good condition, always handling with care. Reports any problems immediately to the Group Fitness Coordinators.
12. Notifies the appropriate YMCA staff of all repair, maintenance and supply needs.
13. Remains in group fitness room for a minimum of 15 minutes for any participants to arrive when no members show up at appointed start time.
14. Never engages in teaching unscheduled classes at the YMCA unless authorized by the Group Fitness Coordinators.
15. Follows and enforces YMCA policies and procedures; Attends and completes all employee meetings and trainings as required.

### QUALIFICATIONS

- High school graduate or equivalent preferred.
- Required certifications: CPR, First Aid, AED, national certification (ACE, NETA, AFAA, NASM) in group fitness instruction.
- Certifications in areas of expertise.
- At least one year of experience teaching group wellness classes preferred.
- Previous experience with diverse populations preferred.