



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP FITNESS INSTRUCTOR JOB DESCRIPTION

POSITION SUMMARY:

This position supports the work of the Y, a leading nonprofit committed to strengthening community through youth development, healthy living and social responsibility. Provides direct leadership, instruction and motivation for members participating in fitness classes.

ESSENTIAL FUNCTIONS:

1. Designs and instruct innovative fitness classes to a wide range of clientele, fitness levels, and special needs.
2. Prioritizes all movement choices by (1) safety, (2) effectiveness, and (3) creativity. Does not allow creativity to compromise safety.
3. Uses good judgement in exercise selection. Assess all class moves according to risk versus reward, making sure rewards and benefits always outweigh risks.
4. Adheres to safe guidelines for music speed in all classes.
5. Offers modifications for all levels of fitness and experience in the class.
6. Teaches classes with energy and enthusiasm, motivating thru music and content.
7. Ensures the studio is properly tidied and maintained before and after each class.
8. Reports any equipment/facility problems.

QUALIFICATIONS:

- Have and maintain a nationally recognized certification for group exercise.
- Have or will to obtain CPR/First Aid/AED certification.
- Active listening skills.
- Ability to establish relationships with staff and members within the community of the YMCA
- The ability to respond in an emergency situation.
- Excellent customer service skills.
- Experience teaching group fitness classes preferred.

WORK ENVIRONMENT AND PHYSICAL DEMANDS:

- Physical demands described here are representative of those that must be met by an employee to successfully perform the essential functions of this job. Reasonable accommodations may be made to enable individuals with disabilities to perform the essential functions.
- The ability to lift up to 50 lbs.
- Ability to walk, stand, and sit (including on the floor) for long periods of time.
- Position may require bending, leaning, kneeling, and walking.
- Ability to speak concisely and effectively communicate.
- Visual and auditory ability to respond to critical situations and physical ability to act swiftly in an emergency