



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ENHANCE®FITNESS ASSISTANT - VOLUNTEER

Job Title: **Enhance®Fitness Assistant**

Department: Community Health

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. Assists group instructor to facilitate classes in a safe, enjoyable, and positive environment that welcomes people of all skill and fitness levels. Effectively builds community within the class.

ESSENTIAL FUNCTIONS:

1. Assists instructor in providing energizing, fun, safe, and educational group classes, to accomplish the YMCA mission and goals.
2. Builds effective, authentic relationships with members; helps members and program participants connect with each other and the YMCA.
3. Observes and adjusts approach to support all participants' capabilities, safety, physical conditions, health, and culture.
4. Celebrates achievement of program participants related to program or personal goals, mastering of specific skills or overall health and well-being.
5. Assists instructor in room set up/tear down; setting out chairs and weights.
6. Keeps accurate class attendance records.
7. Follows YMCA policies and procedures; responds to emergency situations.
8. Performs other duties as assigned.

QUALIFICATIONS:

1. Required certifications: CPR, First Aid, AED certification.
2. At least one year of experience teaching/assisting group wellness classes preferred.

WORKING ENVIRONMENT & PHYSICAL DEMANDS

- The physical demands described here are representative of those that must be met by an volunteer to successfully perform the essential functions of this position. Reasonable accommodations may be made to enable individuals with disabilities to perform the essential functions.
- Ability to assist classes and activities; lift ankle and wrist weights, move chairs.
- Ability to perform all physical aspects of the position; including walking, standing, bending, reaching, and lifting.