

# Group Fitness Instructor

**Job Title:** Group Fitness Instructor

**Rate of Pay:** DOE

**Hours:** 1 to 3 hours per week

**Reports to:** Group Exercise Director

## **RESPONSIBILITIES:**

### **General Function:**

To safely lead group exercise programs in accordance with Association guidelines and standards; build and maintain participation numbers.

### **Entry Requirements:**

- YMCA Group Exercise Instructor Certification
- Current CPR and First Aid Certification
- Knowledge and experience in the health and fitness field.
- An interest in continuing education and skill sharing

### **Job Requirements:**

- Maintain a fitness level appropriate for the position.
- Ability to organize and instruct adults.
- Maintain good attendance. Find replacement instructor when unable to teach class.
- Wear staff shirt.

### **Job Segments:**

- Develop class format.
- Maintain attendance records.
- Market all YMCA classes and programs to participants.
- Develop member relations.
- Maintain proper care of equipment and facility.
- Attend scheduled staff meetings.
- Participate in on-going education and training.
- Continue education and current certification.
- Look for potential instructors to recruit.
- Complete accident/incident reports as required.
- Work as a team member, assisting fellow staff when necessary.
- Interpret the YMCA mission, programs, philosophy, and character values in the execution of duties.
- All other duties assigned.

### **Effect on End Results:**

- Members will be provided with opportunities that will increase their involvement, sense of belonging, and sense of ownership of the YMCA.
- Members will receive complete instruction in the use and benefits of all equipment and classes. As well as proper education regarding health and fitness.
- Members, regardless of age, gender, socioeconomic status or fitness level will feel supported and motivated to adhere to long-term participation and will enjoy their participation.