



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NORM WAITT SR. YMCA JOB DESCRIPTION

Job Title: **Group Exercise Instructor**
Status: P/T Non-Exempt Department: Wellness
Reports to: Coordinator/Wellness Director Revision Date: February 15, 2019

POSITION SUMMARY:

This position supports the work of the Y, a leading nonprofit, charitable organization committed to strengthening community through youth development, healthy living and social responsibility. The Group Exercise Instructor leads group classes or programs in a safe, enjoyable, and positive environment that promotes member wellness and engagement in accordance with YMCA policies and procedures.

OUR CULTURE:

Our mission and core values are brought to life by our culture. In the Y, we strive to live our cause of strengthening communities with purpose and intentionality every day. **We are welcoming:** we are open to all. We are a place where you can belong and become. **We are genuine:** we value you and embrace your individuality. **We are hopeful:** we believe in you and your potential to become a catalyst in the world. **We are nurturing:** we support you in your journey to develop your full potential. **We are determined:** above all else, we are on a relentless quest to make our community stronger beginning with you.

ESSENTIAL FUNCTIONS:

1. Leads energizing, fun, safe, and educational group classes, as directed by the supervisor, to accomplish the YMCA mission and goals.
2. Asks and answers questions from program participants and members to support them in achieving their goals related to health and well-being.
3. Maintains working knowledge of wellness and trends to provide effective information and support to members.
4. Builds effective, authentic relationships with members; helps members and program participants connect with each other and the YMCA.
5. Observes and adjusts approach to support all participants' capabilities, physical conditions, health, and culture.
6. Celebrates achievement of program participants related to program or personal goals, mastering of specific skills or overall health and well-being.
7. Keeps accurate class attendance records.
8. Attends required staff meetings and trainings designed for position.
9. Follows YMCA policies and procedures; responds to emergency situations.
10. Demonstrates and supports the objectives of the Y's mission statement and values by maintain the Y-Voice in all that you say and do ~ welcoming, hopeful, determined, genuine, and nurturing.
11. Perform additional duties as assigned.

The Y: We strengthen the community through youth development, healthy living, and social responsibility.

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YMCA COMPETENCIES (Leader):

- Developing Self & Others
- Inclusion
- Program/Project Management
- Emotional Maturity

QUALIFICATIONS:

1. Must complete the following trainings:
 - CPR/AED/First Aid Certifications or equivalent certifications approved by the YMCA
 - Blood Borne Pathogens Training or equivalent training approved by the YMCA
 - Emergency procedure training
 - All trainings designed for your position
2. Required certifications: national certification (ACE, NETA, AFAA, NASM) in group fitness instruction, personal fitness, personal trainer or YMCA Foundations of Group Exercise certification.
3. Certification or trained in areas of expertise.
4. Previous experience teaching group exercise classes preferred.
5. At least 18 years of age.

WORK ENVIRONMENT & PHYSICAL DEMANDS

The 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.

- Ability to Lift 25 pounds using proper technique.
- Ability to plan, lead and participate in activities.
- Work in a team environment and encourage open communication regarding concerns/issues with children, parents or co-workers.

EFFECT ON END RESULT:

- The Y will be recognized by the community as providing consistently excellent group exercise classes that help encourage and reinforce a healthy and active lifestyle.
- The Y will effectively connect and build relationship with its members and the community, increasing member enrollment and retention and ultimately increasing the number of people positively impacted by the Y.

SIGNATURE:

Today's date: _____

I have reviewed and understand this job description.

Employee's name

Employee's signature

Supervisor's name

Supervisor's signature

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