



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA JOB DESCRIPTION

Job Title: **Group Fitness Instructor**

FLSA Status:

Status: p/t

Reports to: Director of Operations

Department: Fitness

Revision Date: August 1, 2023

The YMCA at PBSC is seeking a qualified Group Exercise Instructor who will design and deliver safe, fun, dynamic and effective group exercise classes, while also providing outstanding hospitality to ensure a positive user experience. Initial availability Monday through Thursday, 1:00pm or 5 pm.

We are seeking certified individuals to conduct safe, fun, dynamic and effective group exercise classes in:

- Pilates, Barre
- Yoga
- HIIT, Bootcamp, Cardio Conditioning
- Zumba

Qualifications

- High School diploma or equivalent required.
- Experience leading fitness classes.
- Ability to relate to and work with people of diverse backgrounds.
- Current CPR / AED certifications.
- Current National Group Exercise certifications (ACE, ACSM, AFAA, or YMCA).
- Excellent customer service and hospitality skills.
- Must be available to work flexible hours including weekday mornings, afternoons, evening and occasional Saturdays.

Essential Functions

- Provide outstanding hospitality to all members and guests, initiating a professional relationship with the members in regard to their needs, concerns, and questions and acting as an agent to accommodate the member's needs / concerns.
- Arrive prior to class start time to allow time to greet all participants and help acclimate new participants.
- Responsible for participant safety – inspect floor, equipment, and supplies; notify supervisor of equipment in need of repair and / or need for more / updated equipment.
- Provide members with opportunities that will increase their involvement, sense of belonging, and ownership of the YMCA.
- Modify classes and routines according to participants' fitness levels / abilities, as needed.
- Maintain awareness of current fitness programs and trends.
- Maintain attendance records.

- Maintain required certifications.
- Plan and provide appropriate and motivating music for classes.
- Support community and promotional special events as needed.
- Have a thorough knowledge of emergency procedures and take appropriate action for emergency situations.
- Actively participate in training sessions and designated meetings.
- Other activities and duties as needed address the ongoing health and well-being of our staff and members.
- Follow and maintain sanitary habits in accordance with CDC guidelines.

We offer an exciting and innovative work environment with a culture committed to serving all members of our community. As a leading not-for-profit community service organization, our Association relies heavily on fundraising to support the wide range of programs we proudly provide the communities we serve. Our expectation is that all staff promotes participation of their branch fundraising efforts in some capacity.

YMCA COMPETENCIES (Leader):

Mission Advancement: Accepts and demonstrates Y's values. Demonstrates a desire to serve others and fulfill community needs. Recruits volunteers and builds effective, supportive working relationships with them. Supports fundraising.

Collaboration: Works effectively with people of different backgrounds, abilities, opinions, and perceptions. Builds rapport and relates well to others. Seeks first to understand the other person's point of view and remains calm in challenging situations. Listens for understanding and meaning; speaks and writes effectively. Takes initiative to assist in developing others.

Operational Effectiveness: Makes sound judgments, and transfers learning from one situation to another. Embraces new approaches and discovers ideas to create a better member experience. Establishes goals, clarifies tasks, plans work and actively participates in meetings. Follows budgeting policies and procedures and reports all financial irregularities immediately. Strives to meet or exceed goals and deliver a high-value experience for members.

Personal Growth: Pursues self-development that enhances job performance. Demonstrates an openness to change and seeks opportunities in the change process. Accurately assesses personal feelings, strengths and limitations and how they impact relationships. Has the functional and technical knowledge and skills required to perform well; uses best practices and demonstrates up-to-date knowledge and skills in technology.

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.
- While performing the duties of this job, the employee is regularly required to use a computer for extended periods of time and be able to communicate using a computer and phone/smart device. The employee frequently is required to sit and reach and must be able to move around the work environment.
- The employee must occasionally lift and/or move up to 10 pounds.
- Specific vision abilities required by this job include close vision, distance vision, and the ability to adjust.
- The noise level in the work environment is usually moderate.

The Y: We're for youth development, healthy living, and social responsibility.