



YMCA GROUP EXERCISE INSTRUCTOR JOB DESCRIPTION

POSITION SUMMARY

Responsible for promoting fitness and wellness through the YMCA Group Exercise program. He/she must be committed to serving the general population in their pursuit of health and well-being; be able to conduct group exercise classes in the designated format; promote safety and well-being when developing and implementing classes; be able to build positive relationships with members and staff and be a role model for them, exemplifying high standard and values; and manage those functions in accordance with the mission, goals, and policies stated by the YMCA.

ESSENTIAL FUNCTIONS

1. Plan and lead group exercise classes.
2. Ensure that equipment is in proper working order and that it is used in the correct manner. Clean studio space after use.
3. Keep track of participants in instructor notebook.
4. Reach out to and connect with members, especially new members or those who have dropped from the class.
5. Check communication outlets (email, etc.) to keep current with announcements and information from the director.
6. Maintain safety in all classes by following YMCA and national certification guidelines.
7. Keep knowledgeable in the areas of exercise science, nutrition, CPR, First Aid, choreography, etc. through required YMCA and national CEUS.
8. Notify supervisor of any unsafe conditions, needed repairs, complaints, accident, or injuries immediately.
9. Present yourself in a professional manner being accepting and friendly to all and meeting quality standards.
10. Follow rules and policies set by supervisor.
11. Be knowledgeable of all health & wellness programs so you can inform members.
12. Attend staff meetings.
13. Utilize the Daxko Engage membership engagement program, following protocol from Process Manual.
14. Other duties and responsibilities assigned by the supervisor.
15. Exemplify and implement the YMCA Health & Wellness standards of quality, including dress code.

SKILLS & REQUIREMENTS

- Hold an acceptable certification, which may include Group Exercise Certification by a recognized certifying organization (NCSM, ACE, AFAA, etc.), specialized training in a nationally recognized format (i.e. Zumba, PiYo, Pilates, etc.), etc.
- Hold a certification in CPR
 - Dependable
- Customer Service and positive attitude
 - Team player
- Good judgment skills

REPORTABILITY

Reports directly to the Health & Wellness Programs Coordinator

ACCOUNTABILITY Accountable for the successful operation and completion of all assigned tasks and functions.

YMCA Mission: To put Christian principles into practice through programs that help build healthy spirit, mind, and body for all.