

Georgia Mountains YMCA

Job Title: **Group Exercise Instructor**

Job Grade: 12

FLSA Status: Non-Exempt

Reports to: Group Exercise Coordinator or Wellness Director Revision Date: 03/20/2017

Position Summary:

Certified Group Fitness Instructor to work 6 a.m. classes, morning classes, midday classes, and Saturday morning classes. Instructs group classes, provides excellent service to members in a safe, enjoyable, and positive environment that promotes member wellness and engagement in accordance with YMCA policies and procedures.

Essential Functions:

1. Leads group classes, as directed by the supervisor, to accomplish the YMCA mission and goals.
2. Conducts energizing, fun, safe, and educational classes.
3. Builds effective relationships with members; helps members connect with each other and the YMCA.
4. Maintains working knowledge of wellness and trends to provide effective information and support to members.
5. Keeps accurate class attendance records.
6. Follows YMCA policies and procedures; responds to emergency situations, reports all incidents to direct supervisor and provides any necessary follow-up.
7. Improves the health and well-being of the community the YMCA serves.
8. Assists in equipment cleaning and maintenance, informing the coordinator of any breakage or items needing replacement.
9. Introduces themselves before each class and welcomes all new participants.
10. Addresses questions and concerns of YMCA members with exceptional service and ensures adequate follow through in a timely manner.
11. Secures any substitute needed for instruction of scheduled class that cannot be taught.
12. Attends staff meetings and any other training as assigned.
13. Actively participates in the YMCA's Annual Campaign.
14. Any other duties assigned.

NOTE: This job description reflects management's assignment of essential functions. It does not prescribe or restrict the tasks that may be assigned.

YMCA Competencies (Leader):

Values: Accepts and demonstrates the Y's values.

Relationships: Builds rapport and relates well to others.

Innovation: Embraces new approaches and discovers ideas to create a better member experience.

Self-Development: Pursues self-development that enhances job performance.

Qualifications:

1. Required certifications: CPR, First Aid, AED, national certification (ACE, NETA, AFAA, NASM) in group fitness instruction or YMCA Foundations of Group Exercise certification.
2. Certification in areas of expertise.

3. YMCA Healthy Lifestyles certification within 60 days of hire (available through Leadership University).
4. At least one year of experience teaching group wellness classes preferred.

Physical Demands:

1. Ability to conduct classes and activities relating to fitness.
2. Ability to perform all physical aspects of the position; including walking, standing, bending, reaching, and lifting up to 50 lbs.
3. Acceptable eyesight (with or without correction).
4. Acceptable hearing (with or without correction).
5. Ability to communicate both orally and in writing.
6. Ability to audition and perform skills necessary to lead others in a group fitness environment.