



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Tri-Cities Family YMCA Job Description

Position Title: **Group Fitness Instructor**

FLSA Status: **Part Time, Non-Exempt**

Reports to: **Health & Wellness Coordinator**

Department Supervisor: **Brandy Fisher, Health & Wellness Coordinator**

Revision Date: September 2020

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 Fitness Instructor instructs group classes 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 OVERALL FUNCTIONS

1. Leads energizing, fun, safe, and educational group classes, as directed by supervisor, to accomplish the YMCA missions and goals.
2. Answers questions from members to support them in achieving their goals related to healthy living. Maintains working knowledge of wellness and trends to provide effective information and support to members.
3. Builds effective, authentic relationships with members; helps members connect with each other and the YMCA.
4. Keeps accurate class attendance records.
5. Follows YMCA policies and procedures; responds to emergency situations.
6. Other duties deemed necessary as assigned by the Health & Wellness Coordinator.

QUALIFICATIONS

1. At least one year of experience teaching group wellness classes preferred.
2. Required to be completed in the first 30 days of employment:
 - a. Group Exercise Instructor Certification or YMCA equivalent.
 - b. Basic Life Support CPR/AED, First Aid, and Bloodborne Pathogen.
 - c. Child Abuse Prevention training.

LEADERSHIP COMPETENCIES:

- Inclusion
- Critical Thinking & Decision Making
- Emotional Maturity

ENVIRONMENT

76,000 square foot facility with high level of contact with members and community. Various hours that may include early mornings and/or late evenings. Outdoor area surrounding the Tri-Cities Family YMCA, including but not limited to: Mulligans Hollow, Imagination Station, Duncan Woods, and Grand Haven State Park. Exposure to outdoor elements, such as summer and winter temperatures is required.

HEALTH AND SAFETY REQUIREMENTS

Employees are advised on OSHA Standards through required signage and administrative updates as compliant with federal law.

PHYSICAL DEMANDS

Employee can demonstrate sufficient strength, agility, and mobility to successfully perform the essential functions of the position including leading class, walking, standing, bending, reaching and lifting. Reasonable accommodations may be made to enable individuals with disabilities to perform the essential functions.

DISCLAIMER

The above statements are intended to describe the general nature and level of work being performed by employees assigned to this classification. They are not intended to be construed as an exhaustive list of responsibilities, duties, and skills required of personnel so classified.