



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Oswego YMCA
Job Description
Group Exercise Instructor

TITLE: Group Exercise Instructor

SUPERVISOR: Health and Wellness Director

POSITION SUMMARY:

The Group Exercise Instructor will impact and engage YMCA and community members in the areas of youth development, social responsibility, with a particular focus on healthy living. This will be accomplished through instructing high quality, innovative group exercise classes in a safe, effective, and inviting atmosphere. Must possess technical knowledge and skills required to perform job.

YMCA COMPETENCIES

Mission Advancement: Accepts and demonstrates the 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.

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General Duties and Responsibilities

The following duties are normal for this position. These are not to be construed as exclusive or all-inclusive. Other duties may be required and assigned.

1. Leads and instructs high-quality group exercise classes, as directed by the supervisor, to accomplish the YMCA mission and goals.
2. Develop and prepare routines. Provide appropriate music for classes.
3. Conducts energizing, fun, safe, and educational classes.
4. Check attendance daily, maintains accurate class attendance records and report to Health and Wellness Director.
5. Engage in active listening and model relationship-building skills in all interactions with members, volunteers, guests, and staff members in order to build relationships and communicate our cause. Respond to all member and community inquiries and complaints in timely and professional manner.
6. Reflect and uphold the mission and core values of the YMCA when dealing with YMCA group exercise participants, parents, and community members.
7. Follow and enforce YMCA policies and procedures; respond to emergency situations.
8. Must be highly motivated, professional, and have an enthusiastic attitude.
9. Willingly perform other duties as assigned.

Qualifications

1. Required certifications: CPR/AED, First Aid, YMCA Healthy Lifestyle Principles, current national certification (ACE, NETA, AFAA, NASM) in group fitness instruction or YMCA Foundations of Group Exercise certification.
2. Certification in micro areas of expertise (Yoga, Pilates, Cycling, TRX, Zumba, etc.)
3. YMCA New Employee Orientation and Child Abuse Prevention Training within 60 days of hire.
4. At least one year of experience teaching group fitness classes preferred.
5. Continuing educations/renewals of certifications kept up to date and submitted to the supervisor on or before certifications expire.

Physical Requirements

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.

The Oswego YMCA is an Equal Opportunity Employer. In compliance with the American with Disabilities Act, the Oswego YMCA will provide reasonable accommodations to qualified individuals with disabilities and encourages both prospective employees and incumbents to discuss potential accommodations with the employer.

We understand and mutually accept that the above referenced job description represents our agreement as to the job be performed.

Signature _____ Date ____/____/____

Employee

Signature _____ Date ____/____/____

Supervisor