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FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JOB DESCRIPTION

Location: **Shelby County YMCA**
Job Title: **Group Exercise Instructor**
Reports to: **Wellness Director**

GENERAL FUNCTION:

The Group Exercise instructor is primarily responsible for providing quality leadership and supervision, in aerobic and/or fitness classes, while maintaining a safe, non-competitive environment for YMCA members.

KNOW HOW:

Must be at least 18 years of age. A knowledge of basic exercise science, biomechanics principles and fitness class leadership is required. In addition, the position requires current CPR/AED, First Aid and appropriate National or YMCA Health and Fitness Certifications, for specific class that is to be instructed, or is in the process of achieving.

JOB RESPONSIBILITIES:

1. Must promote a healthy lifestyle, be an enthusiastic role model to YMCA class participants.
2. Attend all staff meetings for department.
3. Instruct classes that are safe and effective, while providing the necessary progression to meet member needs and goals.
4. Create a motivating environment that is friendly and non-competitive.
5. Be responsible for equipment used and report any malfunction to supervisor.
6. Report ALL accidents in class or on premises in writing and to Wellness Director or Branch Executive Director.
7. Know all emergency procedures.
8. Be available to class participants both before and after fitness classes to answer questions, follow up on any questions you cannot answer.
9. Dress Professionally - staff shirt, athletic shirt / shorts, leotard, bike shorts.
10. Know and follow the YMCA mission statement. "To put Christian principles into practice through programs that build healthy spirit, mind, and body for all."
11. Know and model the four Core Values of the YMCA. Caring, Responsibility, Respect, Honesty.
12. Extend courtesy and respect to all members and guest of the YMCA.
13. To complete YMCA new employee orientation, child abuse course and CPR/AED/first aid training within 90 days of employment.
14. Maintain a positive attitude about the YMCA both on and off premises

EFFECTS ON END RESULTS:

The effectiveness of performance in this position can be judged by:

1. Knowledge of aerobic/fitness class content and progression, and quality training techniques.
2. Maintenance and/or increased attendance of assigned classes.
3. Take attendance for each class.



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4. Positive member feedback.
 5. Attitude toward: members, position and staff.
 6. Demonstration of YMCA Character Values.
 7. Knowledge of aerobic/fitness class content and progression, and quality training techniques.
 8. Maintenance and/or increased attendance of assigned classes.
 9. Take attendance for each class.
 10. Positive member feedback.
 11. Attitude toward: members, position and staff.
- Demonstration of YMCA Character Values.

TRAINING GUIDELINES:

Shelby County YMCA Health and Fitness Program Standards

1. Be at least 18 years of age.
2. Participate in YMCA Principles of Health and Fitness within 6 months of employment.
3. Become a Certified YMCA Group Exercise Instructor and/or Strength Training Instructor within 1 year of employment.
4. Instructors of specialized classes where a national certification exists must become certified within 6 months of employment. (Silver Sneakers, Yoga, Pilates, Cycling, Boom classes, Zumba, and all trademark classes that require certifications to be an instructor)
5. Keep CPR/AED/First Aid current.

Additional Guidelines

1. Attend the necessary number of CEC courses to maintain certification.
2. It is the instructor's responsibility to provide their supervisor with copies of all certifications. These will be kept on file.
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4. It is the instructor's responsibility to provide their supervisor with copies of all certifications. These will be kept on file.

HOW TO APPLY:

Submit resume to Wellness Director, Cade Luker. c.luker@shelbycountyyymca.org