



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Family YMCA of NW IL

Job Title: **Group Exercise Instructor**

Reports to: Health and Wellness Director

FLSA: Part-time, hourly

Schedule: Varies

Position Summary

The Group Exercise Instructor is responsible for leading group fitness classes. Must have and apply knowledge of proper body mechanics and exercise safety. The incumbent will develop relationships with class participants to ensure class participant retention and satisfaction, respond to participants' questions and concerns and foster an environment that is welcoming and all-inclusive.

The incumbent must perform their duties in accordance with the policies, goals, mission, values and objectives established by the Family YMCA of NW IL.

The incumbent accepts, demonstrates and teaches the mission of the YMCA and its commitment to focus on youth development, healthy living and social responsibility.

Responsibilities

- Demonstrate knowledge of class specific instruction, safe heart rate ratios, perceived exertion scales, proper warm up and cool down techniques, and proper strength and flexibility training techniques
- Ability to design and implement exercise routines to a diverse population of individuals with various fitness levels
- Demonstrate proper warm-up and cool down activities
- Demonstrate strength and endurance building activities
- Demonstrate proper technique, as well as exercise modifications during all exercises
- Maintain Group Exercise Instructor Accreditation
- Maintain CPR certification (must be obtained within 3 months of beginning employment)
- Provides a safe exercise environment for participants

Family YMCA of NW IL

2998 W. Pearl City Rd.

Freeport, IL 61032

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- Promotes social interaction within the class
- Maintains regular and punctual attendance
- Willingness to substitute for other fitness classes if needed

Requirements

- Group fitness instruction experience of a minimum of one year
- Current Group Exercise or Personal Trainer Certification OR willingness to complete certification within three months of employment.
- Certifications required within 6 month of hire: CPR/AED, Emergency Procedures and First Aid (provided by YMCA)
- Excellent interpersonal and problem solving skills
- Ability to relate effectively to diverse groups of people from all social and economic segments of the community

Performance Objectives

- Meet and exceed the goals of our Member Service Promise
- Exceed the expectations of our members and guests everyday
- Move members from a casual to connected to committed relationship
- All emergencies or accidents are reported immediately to parents, supervisor or Director on Duty
- Teach and role model our mission and vision

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 constructed as an exhaustive list of responsibilities, duties and skills required of personnel so classified. I have read and fully understand this job description. I agree that I will perform all the assigned duties to meet the standards and if not, I am aware that it will be reflected in my yearly review, and can result in employee discipline or even termination.

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