



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA OF LANSING JOB POSTING

YMCA Group Fitness Instructor

GENERAL FUNCTION:

Under the supervision of the Group Fitness Director this position supports the work of the Y, a leading nonprofit committed to strengthening community through youth development, healthy living and social responsibility. Instructors teach group classes in a safe, enjoyable, and positive environment that welcomes people of all skill and fitness levels. Effectively builds community within the class. Modifies class as needed to meet varied health, ability and cultural needs. The Y is seeking multiple instructors in a variety of classes.

ESSENTIAL FUNCTIONS:

1. Leads energizing, fun, safe, and educational group classes, as directed by the supervisor, to accomplish the YMCA mission and goals.
2. Asks and answers questions from program participants and members to support them in achieving their goals related to health and well-being.
3. Maintains working knowledge of wellness and trends to provide effective information and support to members.
4. Builds effective, authentic relationships with members; helps members and program participants connect with each other and the YMCA.
5. Observes and adjusts approach to support all participants' capabilities, physical conditions, health, and culture.
6. Celebrates achievement of program participants related to program or personal goals, mastering of specific skills or overall health and well-being.
7. Keeps accurate class attendance records.
8. Follows YMCA policies and procedures; responds to emergency situations.
9. Performs other duties as assigned.

QUALIFICATIONS:

1. Required certifications: national certification (ACE, NETA, AFAA, NASM) in group fitness instruction, YMCA Foundations of Group Exercise certification or other National certification.
2. Certification in areas of expertise and specialty classes.
3. Obtain CPR/AED/First aid within the first 60 days of employment and maintain certification while employed at the Wellness Center.
4. At least one year of experience teaching group wellness classes preferred.

DUTIES AND RESPONSIBILITIES:

- Have an outgoing personality conducive to group fitness.
- Ability to perform all physical aspects of the position; including leading class, walking, standing, bending, reaching, and lifting.
- Arrive promptly for your scheduled class time and be prepared.
- Dress in a professional manner.
- Complete an incident report for injuries, confrontations, or other situations immediately after they have occurred. Turn in report to your supervisor within 24 hours of the event.
- Know and enforce facility rules.
- Attend all scheduled staff meetings and YMCA training events.
- Display the principles of Honesty, Caring, Respect, and Responsibility in working with those around you.

Salary: Part Time. Wages vary by experience.

Resumes until: December 15, 2017. By e-mail only **Include:** Cover letter, resume, three professional references.

Contact: Paige Finney, Group Fitness Director, pfinney@ymcaoflansing.org