



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Group Exercise Instructor

FLSA Status: Part time hourly, \$15 - \$19

Reports to: Fitness Director

Posting Dates: May 1 – filled

### POSITION SUMMARY

We are looking for an energetic Fitness professional able to assist our Fitness Director in operating the Wellness Department. This position supports the work of the Y, a leading nonprofit committed to strengthening community through youth development, healthy living and social responsibility. Interacts with new and existing members to help them in achieving their health and well-being goals. Creates a welcoming environment for all members of all backgrounds and abilities.

### ESSENTIAL FUNCTIONS

- Teaching a weekly class or classes as well as being available to help sub additional classes as needed.
- Participation in various fitness related events hosted by the Y.
- Proper organization of class teachings regarding class format, set up, and clean up within scheduled class time.
- Participation in quarterly mandatory Group Fitness meetings.
- Ability to engage class participants in an educational, friendly, and fun atmosphere.
- Reports to the Fitness Director with any questions relating to the Group Fitness Department.

### QUALIFICATIONS

- Maintain a current National Commission for Certifying Agencies (NCCA) accredited certificate of Group Exercise/Fitness Instructor is required.
- Specialty certifications are encouraged.
- Minimum 2 years' experience in Fitness Teachings.
- CPR, First Aid, AED certifications; Child Abuse Prevention training within 30 days of hire date.
- Good communication skills with the ability to relate effectively to diverse groups of people from all social and economic segments of the community.

### WORK ENVIRONMENT & PHYSICAL DEMANDS

- The physical demands described here are representative of those that must be met by an employee to successfully perform the essential functions of this job. Reasonable accommodations may be made to enable individuals with disabilities to perform the essential functions.
- Ability to perform all physical aspects of the position, including walking, standing, bending, reaching, and lifting 45 pounds +.

### CONTACT

Applications available online at [GenevaLakesYMCA.org](http://GenevaLakesYMCA.org) or at the Front Desk.

Submit applications to Emily Fischer via email at [emily.fischer@glymca.org](mailto:emily.fischer@glymca.org) or direct questions to 262-248-6211 x17.