



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JOB DESCRIPTION

Job Title: **Group Exercise Instructor**

FLSA Status: Non-Exempt

Job Type: Part-Time

Reports to: Healthy Living Director

SUMMARY/OBJECTIVE

This position supports the work of the Y, a leading nonprofit, charitable organization committed to strengthening community through youth development, healthy living and social responsibility. We are looking for passionate and enthusiastic staff who will help us to strengthen our impact, empower our community and deliver incredible programming. The Group Exercise Instructor at YMCA at ACRC serves others by intentionally welcoming, connecting, and supporting them. Instructs group classes in a safe, enjoyable, and positive environment that promotes member wellness and engagement. The Group Exercise instructor is responsible for leading Group Exercise classes teaching specific skills affiliated with each particular course design, while considering the health and safety of each class participant.

ESSENTIAL FUNCTIONS

- Create a welcoming environment by greeting members by name with a smile and eye contact.
- Plan and lead exercise session in one or more assigned fitness areas, such as aerobics, stretching/flexibility, yoga, circuit training, general fitness, weight training, and/or specialty training by implementing effective teaching methods, giving equal attention to all participants.
- Responsible for administering professional and effective program-specific skills according to course description.
- Address members who are not performing exercises correctly by demonstration proper form and techniques.
- Responsible for building small communities by facilitating connections with and between members.
- Develop positive relationships with participants and provide motivational support and guidance to support members in their healthy living goals.
- Work closely with Personal Trainers, Group Exercise Instructors, and Youth Instructors to provide best collaborative member experience.
- Develop a good understanding of all the Y has to offer, help members build connections with all relevant program staff.
- Respond promptly and courteously to all member inquires/needs. Is an ambassador for all programs within the YMCA at ACRC.
- Set up and monitor class equipment, ensuring equipment remains in working condition. Report all equipment repair needs to supervisor immediately.
- Clean up all equipment used during class
- Participate in all scheduled mandatory meetings.

- Encourage participants to check in using our mobile app and record those that have not for accurate class counts.
- Complete additional projects and reports, as required.

QUALIFICATIONS/EXPIRENCES:

- Minimum age of 18
- Looking for Barre, pilates, yoga, cycle, and strength/high intensity group ex instructors
- Availability to teach at 5:15 or 6am, 11:30am or 12pm, 4:30 or 5:30pm, and Saturday/Sunday
- Foundation of YMCA Group Exercise or equivalent ACE, AFAA, or ACSM Health Fitness Instructor preferred.
- Current CPR Certification, training available within 30 days of hire
- Strong character values; communication skills
- Child Abuse Prevention training required within 90 days of hire.
- Previous experience as fitness instructor preferred.

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 the job. Reasonable accommodations may be made to enable individuals with disabilities to perform the essential functions.
- Ability to plan, lead, and participate in classes and activities.
- Ability to perform all physical aspects of the position, including leading class, walking, standing, bending, reaching, and lifting.

EEO STATEMENT:

The YMCA at the Austin Community Recreation Center (the Y) provides equal employment opportunities (EEO) to all employees and applicants for employment without regards to race, color, religion, sex, national origin, age, disability or genetics. In addition to federal law requirements, the Y complies with applicable state and local laws governing nondiscrimination in employment in every location in which the company has facilities. This policy applies to all terms and conditions of employment, including recruiting, hiring, placement, promotion, termination, layoff, recall, and transfer, leaves of absences, compensation and training.