



YMCA Southcoast JOB DESCRIPTION

Job Title: Group Exercise Instructor
FLSA Status: Non-Exempt

Job Family: Wellness
Job Code: WN 107
Revised: March 2011

Position Summary:

Lead, supervise, and instruct members and guests in exercise classes designed to improve and/or maintain a healthy lifestyle.

Essential Functions:

- Demonstrates proper techniques and routines for class participation.
- Communicates exercise physiology principles in generic terms for class understanding.
- Educates participants on proper form, anatomy, contra-indications, and modification of moves.
- Develops routines for diversity, enjoyment, and energizing.
- Maintains working knowledge of wellness trends to enhance participation and educate participants.
- Maintains class attendance records; encourages participant commitment individually and as a group.
- Identify and address participant safety concerns.

YMCA Competencies:

Mission and Community Oriented: *Accepts and demonstrates YMCA values. Works effectively with people of different backgrounds, abilities, opinions and perceptions. Demonstrates a desire to serve others and fulfill a community need. Recruits volunteers and builds effective, supportive working relationships with them.*

People Oriented: *Seeks first to understand the other's point of view; remains calm in challenging situations. Builds rapport and relates well to others. Listens for understanding and meaning; speaks and writes effectively. Takes initiative in developing others.*

Results Oriented: *Strives to meet or exceed goals and deliver a high value experience for members. Embraces new approaches and discovers ideas to create a better member experience. Makes sound judgments and transfers learning from one situation to another. Establishes goals, clarifies work, and participates in meetings.*

Personal Development Oriented: *Accurately assess personal feelings, strengths and limitations, and how they impact relationships. Pursues self-development that enhance job performance. Demonstrates an openness to change; seeks opportunities in the change process.*

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JOB DESCRIPTION**

Job Title: Instructor- Group Exercise (continued)

Qualifications:

- BS Degree in Physical Education or related program; or a minimum of three years experience and knowledge in leading group exercise classes.
- Physically able to conduct and demonstrate exercise routines.
- Ability to interact and instruct individuals of a wide range of age and ability.
- National certifications in ACE, AFFA, ACSM highly desirable.

Physical Demands:

- Required to physically perform and communicate exercise routines.
- Required to demonstrate physical stamina and agility, and to stoop, kneel, crouch, walk, run, and stand for extended periods of time.
- Ability to react to emergency situations by quick movements, strenuous activity, and communicate in noisy environment.

I have reviewed the above job description and understand my responsibilities as described:

Print Name: _____ **Date:** _____

Signature: _____ **Date:** _____

YMCA Southcoast reserves the right to change and/or modify the job requirements, responsibilities, and qualifications for this position to meet changing business needs. Further, nothing in this description is intended to represent all functions, duties, and responsibilities of the associate holding this job title, or to alter the at-will nature of their employment. (See HR Policy and Procedures Manual- Disclaimer et al, 1/08)

Understood and Agreed To: Signature: _____ **Date:** _____