



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Sidney-Shelby County YMCA Group Exercise Instructor Job Description

Department: Health Enhancement

Position Title: Group Exercise Instructor

Purpose of Position: Serve member's wellness needs by leading various types of group exercise classes and contributing to the Sidney-Shelby County YMCA mission

Your fitness leadership will contribute to the physical well-being of the members by teaching them safe, fun, and effective exercises in the class. It is part of the YMCA's mission to build healthy spirit, mind, and body. Research shows that regular exercise helps manage weight, resist illness, and reduce the likelihood of disease.

Responsibilities and Activities:

- Lead a 50/30 minute group exercise class which may include various types of aerobic exercises, core training, stretching, and strength training exercises for individuals at various levels of fitness.
- Serve as a healthy lifestyle role model.
- Greet new class participants, try to learn/use each participant's name, and include a Mission Moment sometime during class.
- Ensure the safety of class participants by paying special attention to technique, difficulties with exercises and their fitness levels. Always offer modifications of a difficult move.
- Help maintain all equipment and attendance records (rosters).
- **It is your responsibility to secure a substitute instructor if you are unable to teach your class.**

Qualifications:

- Knowledgeable about basic anatomy, exercise physiology, and biomechanics.
- Personable, enthusiastic, responsible, professional.
- Possess the physical capacity necessary to fulfill a fitness class leadership role.
- Hold a current CPR certification or have the ability to acquire the certification within 30 days of employment.

Training and Supervision to be provided

- One hour orientation with the Wellness Director and/or Operations Director. Additional training's may be required at the Director's discretion.
- YMCA Group Exercise Instructor Certification (This will be done at the Director's discretion.) If the YMCA pays for any type of certification and that instructor terminates employment with the Y within one year, they will be responsible for repaying the Y for the cost of the training.
- CPR and AED trainings.
- Supervision is provided by the YMCA Wellness Director and Operations Director.

Evaluation

- The class/ instructor will be evaluated periodically through a questionnaire completed by the class participants and periodic surveys will be taken by a member of the Wellness Director via personal interview along with members of the class to seek advice on how to better our programs and services.
- Employee will receive an annual evaluation.
- The review is a two-way exchange on how things are going and how they can be improved.

Time Commitment

- Regular attendance and punctuality is expected. For an extended illness or absence we will do our best to secure a temporary substitute. All decisions will have our member's best interest in mind.
- Occasional staff meetings will require your attendance. Absences from these meetings must be communicated to the Wellness Coordinator and/or Operations Director.

YMCA Policy on Background Checks

- The YMCA makes every effort to prevent child abuse. Even though we may know you well, we reserve the right to conduct background and reference checks on all employees.

Employee Signature

Date

Supervisor Signature

Date