

Marietta Family YMCA Job Description Fitness Instructor

Who We Want

Do you have a burning desire to help others realize their full potential? Are others constantly complimenting your ability to enhance your environment? Please read on!

Fitness enthusiasts who have the desire to inspire its members and employees to be their best self. We want magnetic personalities who are excited by relationships and face-to-face interactions. Those who will advocate for a healthy lifestyle and have fun doing it. Individuals who will apply their talents and creativity to drive a team's success and expand their career in our quickly growing and local established fitness organization.

We can't wait to learn more about you! If you are interested in this position, please send us a cover letter and resume that explains why your strengths and experiences would make you a perfect addition to our team.

Part-time openings are available right now! Hours needed include mornings, afternoon/evenings and weekends. ***All candidates must have some evening and weekend availability.***

Position: Fitness Instructor

Reports to: Health and Wellness Coordinator and or Branch Directors/Managers

Department: Health and Wellness

FLSA Status: Part-Time Hourly

General Functions: Instructs safe, effective, and fun group exercise classes in a positive environment that promotes member wellness and engagement in accordance with YMCA policies and procedures, as well as enhancing the quality and growth of the program and retention of the participants of the Group Fitness programs. The role of a group fitness instructor is to plan and lead safe and effective group fitness classes in one or more assigned fitness areas. We're looking for those who are passionate about helping people achieve their fitness goals

Requirements/Qualifications:

- High School Diploma or equivalent
- Must be 21 years of age or older
- Criminal background clearance
- Maintain a positive and energetic attitude with a team-player mentality
- Charismatic, passionate, fitness-orientated professional with leadership skills
- American Red Cross or American Heart CPR and First Aid-MUST be obtained within 30 days of employment
- Must attain Silver Sneakers certifications through the YMCA of USA within the first 60 days of employment
- Flexible schedule to attend classes and shadow/learn/instruct our YMCA fitness classes
- Additional fitness certifications are welcomed but not required

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Principal Activities:

- Designs, prepares, and delivers class routines as directed by the supervisor that meet all the necessary components and safe guidelines in accordance with current accepted practices of exercise physiology.
- Builds effective, authentic relationships with members; helps members connect with each other and the YMCA
- Engages the members and supports them in achieving their goals related to healthy living
- Maintains valid certification specific to the class format they are delivering at all times as well as a working knowledge of wellness and trends to provide effective information and support to members.
- Record accurate class attendance.
- Instructs a minimum of 2 classes per week (8/month) including but not limited to at least one sub shift per quarter, and appropriately securing a substitute instructor for own classes when needed.
- Begins and ends class at the scheduled time.
- Where needed, sets up equipment for class, assists members in cleaning equipment before and after class.
- Maintains equipment and keeps the group exercise area clean.
- Follows YMCA policies and procedures; responds to emergency situations.
- Maintain good public relations with all members, participants, staff, and volunteers.
- Willing to work flexible work hours based on evolving needs of the members, class coverage and schedule adjustments
- Provides excellent service to members, guests, and program participants in the branch and on the phone, contributing to member retention
- Make sure all members and guests check in as required.
- Follow all YMCA's policies and procedures.
- Support the programs and goals of the YMCA.
- Convey basic YMCA programs and schedule information to members and participants.
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- Participate in YMCA special events as requested.
- Assume any other duties as assigned by the Health and Fitness Coordinator and or Branch Directors/Managers.

YMCA Competencies:

Mission Advancement: Accepts and demonstrates the Y's values. Demonstrates a desire to serve others and fulfill community needs. Recruits volunteers and builds effective, supportive working relationships with them. Supports fund-raising.

Collaboration: Works effectively with people of different backgrounds, abilities, opinions, and perceptions. Builds rapport and relates well to others. Seeks first to understand the other person's point of view, and remains calm in challenging situations. Listens for understanding and meaning; speaks and writes effectively. Takes initiative to assist in developing others.

Operational Effectiveness: Makes sound judgments, and transfers learning from one situation to another. Embraces new approaches and discovers ideas to create a better member experience. Establishes goals, clarifies tasks, plans work and actively participates in meetings. Follows budgeting policies and procedures, and reports all financial irregularities immediately. Strives to meet or exceed goals and deliver a high-value experience for members.

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Personal Growth: Pursues self-development that enhances job performance. Demonstrates an openness to change, and seeks opportunities in the change process. Accurately assesses personal feelings, strengths and limitations and how they impact relationships. Has the functional and technical knowledge and skills required to perform well; uses best practices and demonstrates up-to-date knowledge and skills in technology.

Physical Demands:

Sufficient strength, agility and mobility to perform essential functions of position. Ability to conduct classes and activities. Ability to perform all physical aspects of the position: including leading class, walking, standing, bending, reaching and lifting.