



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# EMPOWERING OTHERS

**CERTIFIED & EXPERIENCED  
GROUP FITNESS  
INSTRUCTOR**

**REQUIRED EXPERIENCE IN  
CHOREOGRAPHY BASED DISCIPLINES,  
CERTIFICATION IN YOGA, ZUMBA,  
BOXERCISE, OR AEROBICS**



**PART TIME**

**EVENINGS AND OCCASIONAL WEEKENDS**

**JOB POSTED: January 20, 2017**

**CLOSING DATE: Until filled**

**STARTING PAY: \$15.00 /hr**

**COMPLETED APPLICATION TO:  
Peggy Thomas, Director of Human Resources  
Application packet available at the Membership Services Desk**

## **Wenatchee Valley YMCA**

### **Position Description 7/10**

**Title: Group Exercise Instructor**

**Classification: Part-Time/Non-Exempt**

**Supervisor: Group Exercise Manager**

### **General Functions**

The Group Exercise Instructor primary goal is to build relationships with members while conducting group fitness classes that may include a variety physical activity and serve diverse populations within established standards.

### **Position Requirements**

The Group Exercise Instructor must have knowledge of proper cardiovascular, flexibility, and strengthening exercise as well as injury prevention and warm-up/cool-down procedures. This position requires the ability to demonstrate and to communicate in a positive manner such as cueing proper form. The Group Exercise Instructor must be able to lift at least 35 pounds. Group Exercise Instructors must be able to create a friendly, non-threatening environment that ensures a safe and effective method of self-improvement through physical activity. First Aid, CPR and AED certifications are required. YMCA Healthy Lifestyle Principles and Foundations of YMCA Group Exercise or equivalent must be obtained within three months of hire. The Group Exercise Instructor must be an advocate for the YMCA mission and the values of Caring, Honesty, Respect, and Responsibility. The Group Exercise instructor must be able to respond to emergencies in a multistory building.

### **Essential Position Functions**

1. Provide a safe and positive environment through compliance of YMCA of the USA Group Exercise standards.
2. Develop routines applicable to specific formats being instructed while provide specific progression to the class format within established guidelines.
3. Motivate and cue participants using positive, specific feedback.
4. Correct incorrect practices.
5. Research progressive methods for improving overall class participation, while maintaining format integrity.
6. Ensure classes start and end promptly through proper preparation.
7. Review, practice, follow and make recommendations to improve safety procedures and practices at Wenatchee Valley YMCA.

### **Other Position Functions**

1. Greet class members and communicate regularly with them to build community involvement within classes through approachability and program awareness.
2. Attend all applicable meetings and trainings.
3. Display the values of Caring, Honesty, Respect, and Responsibility.
5. Respond to emergency situations.
6. Completes required documentation.
7. Log and track participant attendance when instructing.
8. Other duties as may be assigned.

### **Position Description**

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### **Key Result Areas**

This position has a primary impact on the quality experience members expect through group fitness programs. Successful Group Exercise Instructor performance is evident by:

1. Positive membership and Group Exercise evaluations and increasing membership participation and retention.
2. Clean, safe, and functional Fitness Classes.
3. Compliance with Wenatchee Valley YMCA and National YMCA program standards.
4. Accurate recording and delivery of information.
5. Compliance with Health Department regulations and with all Wenatchee Valley YMCA policies, procedures and safety standards.

### **Equal Opportunity Employer**

The Wenatchee Valley YMCA is an equal opportunity employer. Qualified candidates are considered for employment without regard to race, creed, color, national origin, marital status, age, sex (including pregnancy), sexual orientation, religion, disability, veteran or military status, use of a trained dog guide or service animal by a disabled person or any other status protected by applicable local, state or federal law.

### **Wenatchee Valley YMCA Mission**

The mission of the Wenatchee Valley YMCA is to strengthen youth, families, and communities by promoting Christian principles and putting them into practice through leadership and programs that build healthy spirit, mind and body for all.

### **Disclaimer**

This position description is intended to provide an overview of the requirements of the position. As such, it is not necessarily all-inclusive, and the job may require other essential and/or other position functions. The Wenatchee Valley YMCA reserves the sole right to modify this position description at any time with or without notice. Nothing in this position description, nor by the completion of any requirement of the job by the employee, is intended to create a contract of employment of any type. Employment is "At-Will" and may be terminated at any time by the employee or the employer with or without cause or notice.

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Employee Signature

Date