



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

MARSHFIELD AREA YMCA, INC.

Job Description

Job Title: **Group Exercise Instructor**

FLSA Status: Part-time, Non-exempt

Reports to: Neillsville Site Director

Revision Date: 11/02/2021

Hours: Part-time, 2-6 hours per week depending on availability. Hours preferred are between 5-9am and 4-7pm.

Location: Neillsville Branch

POSITION SUMMARY:

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. The Group Exercise Instructor at Marshfield Area YMCA (Neillsville Center) serves others by intentionally welcoming, connecting, and supporting them and inviting them to get involved and give back to the community.

ESSENTIAL FUNCTIONS:

1. Creates a safe environment in which all individuals feel welcomed and respected; build relationships with and among members and program participants.
2. Leads energizing, fun, safe, and educational group classes, as directed by the supervisor, that align with the healthy living program goals and objectives.
3. Understands different health needs; observes and adjusts approach to support all participants' capabilities, physical conditions, health, and culture.
4. Asks and answers questions and displays empathy in support of helping member and program participants build confidence to achieve their health and wellness goals.
5. Identifies and celebrates the successes of members and program participants.
6. Maintains working knowledge of wellness and trends to provide effective information and support to members.
7. Keeps accurate class attendance records.
8. Follows YMCA policies and procedures; responds to emergency situations.
9. Performs other duties as assigned.

LEADERSHIP COMPETENCIES:

- Developing Self & Others
- Inclusion
- Program/Project Management

The Y: We're for youth development, healthy living, and social responsibility.



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QUALIFICATIONS:

- Must obtain YMCA Group Fitness Instructor certification within six months of employment and CPR certification within 60 days of employment; training provided. Certain classes may require additional certification prior to employment.
- At least one year of experience teaching group exercise classes preferred.
- Ability to develop positive, authentic relationships with people from different backgrounds.
- Commitment to inclusion and compliance with the Americans with Disabilities Act (ADA).
- Strong communication skills.

WORK ENVIRONMENT & 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 this 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.

HOW TO APPLY:

A completed Marshfield Area YMCA Employment Application is required. Download application online or pick up an application at the YMCA. Inquiries? Contact Dianna Walter, Neillsville Center Site Director, at 715.743.2065 or dwalter@mfdymca.org.

This job description represents the major functions of the job but is not intended to be all inclusive. The incumbent is also responsible for performing other duties as necessary for the Association success.