



# METROWEST YMCA

## GROUP EXERCISE INSTRUCTOR

The MetroWest YMCA is a nonprofit organization with the goal of strengthening the foundations of our community. We do this through programs that help build a healthy mind, body and spirit for all, and our programs are built around our three focus areas: Healthy Living, Youth Development and Social Responsibility. The Y is open to all, and we pride ourselves on the diversity of our members and employees. As an employer, the Y seeks to recruit energetic professionals, encourage work-life balance, and provide opportunities for growth and development! Competitive pay, paid sick time and MetroWest YMCA membership benefits! Pay \$20 - 25 per hour! Equal Opportunity Employer

Under the direction of the Wellness Director and in accordance with the policies established by the Board of Directors of the MetroWest YMCA, along with the mission and goals of the YMCA, the part-time Group Exercise Instructor will be responsible for leading group exercise classes that follow standards determined by the YMCA and the certifying agency, and that meet the class description as agreed upon between the Instructor and Group Exercise Coordinator.

### ESSENTIAL FUNCTIONS:

- Leads energizing fun, safe, and educational group classes, as directed by the supervisor, to accomplish the YMCA mission and goals

- Greets class participants and answers questions from members to support them in achieving their goals related to healthy living. Maintains working knowledge of wellness and trends to provide effective information and support to members

- Builds effective, authentic relationships with members; helps members connect with each other and the YMCA

- Keeps accurate class attendance records, and maintains maximum attendance as determined by the Assistant Wellness Director. Provides appropriate equipment and ensures a safe environment

- Follows YMCA policies and procedures; responds to emergency situations, and reports facility issues to the professional on duty or to the Member Service desk

- Ensures a positive, professional environment, emphasizing the Core Values of caring, honesty, respect, and responsibility

- Attends departmental and Association staff meetings

- Performs other duties that relate to the Group Exercise Instructor position, as well as recertification requirements in CPR, AED and First Aid

### QUALIFICATIONS:

1. Required certifications/training: National certification (ACE, NETA, AFAA, NASM) in group fitness instruction, YMCA Foundations of Group Exercise certification or training/certification in a specific fitness specialty, and CPR with AED and First Aid certifications
2. Excellent communication, interpersonal skills, self-motivated and an enthusiastic team member
3. One year of experience teaching group wellness classes preferred

**PHYSICAL DEMANDS:**

1. Must be able to physically demonstrate the group exercise classes being offered
2. Monitor class participants, provide feedback, and offer modifications as appropriate
3. Respond to emergencies, following current policies and submit complete, accurate, and legible accident or incident reports as needed
4. Follow the Crisis Communication Policy, and inform appropriate staff of an emergency or incident

Qualified and interested applicants please submit a cover letter and resume to [Employment@metrowestymca.org](mailto:Employment@metrowestymca.org) or apply online.