



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CYCLE INSTRUCTOR, PART TIME, FRAMINGHAM

At the MetroWest YMCA, our mission and core values are brought to life by our culture. In the Y, we strive to live our cause of strengthening communities with purpose and intentionality every day. **We are welcoming:** we are open to all. We are a place where you can belong and become. **We are genuine:** we value you and embrace your individuality. **We are hopeful:** we believe in you and your potential to become a catalyst in the world. **We are nurturing:** we support you in your journey to develop your full potential. **We are determined:** above all else, we are on a relentless quest to make our community stronger beginning with you! **Pay \$18.00 - \$23.00 per hour and free MetroWest YMCA membership!** Equal Opportunity Employer.

POSITION SUMMARY:

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 Cycle 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 Wellness Director

ESSENTIAL FUNCTIONS:

1. Leads energizing, fun, safe, and educational group classes, as directed by the supervisor, to accomplish the YMCA mission and goals.
2. 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.
3. Builds effective, authentic relationships with members; helps members connect with each other and the YMCA.
4. Keeps accurate class attendance records, and maintain maximum attendance as determined by the Assistant Wellness Director. Provide appropriate equipment, and ensures a safe environment.
5. Follows YMCA policies and procedures; responds to emergency situations and reports facility issues to the professional on duty or to the member service desk.
6. Ensures a positive, professional environment, emphasizing the Core Values of caring, honesty, respect and responsibility.
7. Attend departmental and association staff meetings.
8. Perform 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, Cycle specific training CPR with AED and first aid certification.
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. 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 the Assistant Wellness Director.

2. Must be able to physically demonstrate the group exercises being offered.
3. Monitor class participants, provide feedback, and offer modifications as appropriate.
4. Respond to emergencies following current policies and to submit complete, accurate and legible accident or incident reports as needed.
5. 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 or apply online.

TO APPLY, CLICK HERE TO FILL OUT THE APPLICATION. THEN, SAVE YOUR APPLICATION AND EMAIL IT TO EMPLOYMENT@METROWESTYMCA.ORG