FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL
RESPONSIBILITY

Cleveland County Family YMCA
Job Description

Position Title: GroupExercise Instructor (Pilates)
Branch: RubyC.HuntYMCA
Reports To: HealthyLiving Director

Exempt Status: Non-Exempt
Primary Function: Healthy Living
Leadership Level: Leader

POSITION SUMMARY:

Under the supervision of the Healthy Living Director and Executive Director, and consistent with the Christian mission of the YMCA, the group fitness instructor is responsible for teaching group fitness classes and helping members with their goals of becoming healthier. Group fitness instructors must also connect members to a deeper and more meaningful relationship with staff and other participants in the community as well as effectively build a sense of community within classes that can be properly modified as needed to meet varied health, ability, and cultural needs. Instructors must continually provide high quality services for members, participants and guests of the YMCA.

KNOW HOW:

- Ability to develop and maintain levels of customer service with members and guests.
- The ability to represent the YMCA in a mature and professional manner, holding true to a commitment to the YMCA's values, philosophies and ideals.
- Trainings and certifications: Pilates teaching certification, Infant/Child CPR, Adult CPR, AED, First Aid, New Staff Orientation, Child Abuse Prevention, ongoing YMCA 101 trainings, YMCA's Healthy Lifestyle Principles and Fundamentals of Group Exercise Trainings, certifications such as ACE and ACSM are also acceptable. Pilates Certification is required. Class specific certifications are also acceptable such as: Zumba, Refit, and Body Pump. Certifications must be obtained within the first 60 days of employment or next available certification training. Failure to comply with attending trainings and obtaining and maintaining current certifications will result in a pay reduction as per talent physiology.
- Knowledge of education anatomy and physiology.

ESSENTIAL FUNCTIONS:

- Address questions and concerns of YMCA members with exceptional service and ensure adequate follow through in a timely manner.
- Contribute to the fulfillment of the YMCA mission.
- Responsible for promoting fitness among members.
- Observes and adjusts approach to support all participants' capabilities, physical conditions, health and culture.
- Assists in maintaining equipment and informs coordinator of any breakage or items needing replacement.
- Maintains YMCA's music inventory appropriately.
- Offers a devotional thought and health thought before, during, or after each class.
- Helps members and program participants connect with each other.
- Introduces themselves before each class and welcomes all new participants.
- Celebrates achievement of program participants related to program or personal goals, mastering of specific skill or overall health and well-being.

- Cleans and maintains room and all equipment in studio.
- Enforces facility policies and procedures.
- Secures any substitute needed for instruction of scheduled class that cannot be taught.
- Attends staff meetings and other trainings as assigned.
- Responds appropriately to any/all safety concerns, reporting all incidents to direct supervisor and providing any necessary follow-up.
- Is an active participant in the YMCA's We Build People Campaign.
- Other duties as assigned.

YMCA COMPETENCIES:

- Relationships--builds rapport and relates well to others.
- Communication--listens for understanding and meaning; speaks and writes effectively.
- Developing Others--takes initiative to assist in developing others.
- Inclusion--works effectively with people of different backgrounds, abilities, opinions, and perceptions.
- Innovation--embraces new approaches and discovers ideas to create a better member experience.
- Quality Results--strives to meet or exceed goals and deliver a high-value experience for members.
- Functional Expertise (Healthy Living)--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 as necessary.

PHYSICAL DEMANDS:

- Smiling, sitting, climbing, crouching, standing, kneeling, walking, swimming (as applicable).
- Carrying, pushing, pulling, and lifting up to 50 pounds.Potential exposure to communicable diseases and bodily fluids.
- Stand or sit while maintaining alertness for several hours at a time.
- Bending, leaning, kneeling, and walking.
- Speak concisely and effectively communicate.
- Visual and auditory ability to respond to critical situations and physical ability to act swiftly in an emergency.

END RESULTS:

- The mission of the YMCA is fulfilled within all member service and wellness areas.
- Increased professionalism of YMCA services.
- Satisfactory attainment of the YMCA's goals and objectives.
- Growth in membership, high member satisfaction, increased member retention and loyal YMCA members.

*For more information, contact **Deanna Waddell at dwaddell@clevecoymca.org** or call(704) 669-3646.*

To apply for this position, complete an online application HERE .

The YMCA: We're for youth development, healthy living, and social responsibility.
YMCA Mission: Helping all people reach their God given potential in spirit, mind and body.