

# JOB POSTING



**JOB POSITION:** Group Fitness Instructor-Studio Classes

**POSITION TYPE:** Part-Time (based on class schedule)

**LOCATION:** Aberdeen Family YMCA

**POSITION POSTED:** August 2021

**APPLICATION DEADLINE:** open until filled

**Applications can be found online or picked up at the YMCA**

**INTERESTED APPLICANTS SEND or DROP OFF APPLICATIONS:**

Aberdeen Family YMCA

5 South State Street

Aberdeen, South Dakota 57401

[mjohnson@aberdeenyumca.org](mailto:mjohnson@aberdeenyumca.org)

605-225-4910

**HIRING DIRECTOR IF QUESTIONS:** Terrill Meier [tmeier@aberdeenyumca.org](mailto:tmeier@aberdeenyumca.org)

## GENERAL DESCRIPTION:

The Group Fitness Instructor is responsible to instruct group exercise classes in trained areas of expertise and provide motivation for class participation. Instruct individuals of all fitness levels and provide expertise to enhance the member workout routine and encourage them to reach their individual fitness and wellness goals. Create an environment that is inviting for members and one they desire to be at. Promote a positive culture for life wellness and fitness, and assist in providing educational opportunities for members that fulfills the YMCA's mission, goals and objectives. **Now hiring for YOGA and ZUMBA instructors. Zumba classes available to teach on Saturday morning/Sunday afternoon and Yoga class available to teach Wednesday morning. Other times may be available.**

## JOB REQUIREMENTS, PREFERRED EDUCATION, TRAINING AND WORK EXPERIENCE:

- Must be minimum of 16 years old
- Experience in fitness protocol and leading group fitness classes preferred.
- CPR/First Aid Certification (can be obtained upon hire through employer)
- Professional group fitness or personal training certifications preferred.
- Ability to demonstrate proper group fitness training techniques and knowledge of the specifics or the type of group fitness class (Body Pump, Zumba, Yoga, etc....)

**ESSENTIAL FUNCTIONS:** *Essential functions are those tasks, duties, and responsibilities that comprise the means of accomplishing the job's purpose and objectives. Essential functions are critical or fundamental to the performance of the job. They are the major functions for which the person in the job is held accountable.*

- Availability to work specified hours for class schedule. Scheduled in advance.
- Plans and leads specific group fitness classes in accordance with YMCA group fitness guidelines.
- Maintain current YMCA and/or professional certifications that meet industry standards as needed and approved by Group Fitness Director.
- Effectively and properly instruct and motivate participants in group fitness sessions.
- Monitor intensity levels to ensure participant safety.
- Ensure that the facility and equipment is safe, clean, organized and in proper working order.
- Model professionalism and relationship building skills in all interactions with staff, members, guests, volunteers and the community. Builds effective working relationships.
- Willingness to commit to the mission of the YMCA.
- Complete other duties as assigned in full Job Description.

Equal Employment Opportunity

Resumes and employment applications can be returned to the email address above or at 5 S. State Street, Aberdeen, SD 57401.

Applications can be found on our website at [aberdeenyumca.org](http://aberdeenyumca.org).