

JOB POSTING

JOB POSITION: Group Fitness Instructor
POSITION TYPE: Part-Time (10-20 hours per week ***see below)
LOCATION: Aberdeen Family YMCA
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@aberdeenymca.org
605-225-4910

HIRING DIRECTOR IF QUESTIONS: Terrill Meier tmeier@aberdeenymca.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.

JOB REQUIREMENTS, PREFERRED EDUCATION, TRAINING AND WORK EXPERIENCE:

- Must be a minimum of 16 years old.
- Experience in fitness protocol and leading group fitness classes preferred.
- Professional group fitness or personal training certifications preferred.
- Ability to demonstrate proper group fitness training techniques and knowledge of the specifics for 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 that align with Group Fitness Classes.
- Plans and leads assigned studio group fitness classes in accordance with YMCA group fitness guidelines.
- Effectively and properly instruct and motivate participants in group fitness participation.
- Maintain current YMCA and/or professional certifications that meet industry standards for group fitness as needed and approved by supervisor.
- Monitor intensity levels to ensure participant safety and adjust class plan to accommodate unforeseen circumstances (new members, special needs, etc.).
- Assist in monitoring daily operations to adhere to all YMCA health and safety standards and policies.
- Ensure that the facility and its equipment are safe, clean, organized and in proper working order.
- Maintain attendance records and others as directed.

- Anticipate potential risks of injury, taking measure to remove them, and, in the event of an injury, having the ability to implement facility emergency procedures.
- Model professionalism and relationship building skills in all interactions with staff, members, guests, volunteers and the community. Builds effective working relationships.
- Keeping abreast of trends and issues in the industry.
- Informs the Group Fitness Director or Coordinator of any problems or necessary repairs.
- Promptly report any issues or problems to the Group Fitness Director or Coordinator.
- A willingness to commit to the mission of the YMCA.
- Promote YMCA membership, programs and services.
- Promote and incorporate the YMCA's mission, four core values and areas of focus into all program activities.
- Ability to establish and maintain harmonious relationships with staff, volunteers, members and the general public.
- Responds to all member and community inquires and complaints in a timely manner.
- Responds to emergency situations in accordance with CPR, First Aid and Aberdeen Family YMCA policies and procedures. Completes incident and accident reports as required.
- Be involved in community activities to the benefit of the YMCA and its programs.
- Attend and participate in staff meetings and/or related meetings.
- Positively communicate information on all YMCA programs.
- Assist with special events as needed.
- Actively participates in YMCA events.
- Complete other duties as assigned.

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 aberdeenymca.org.