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FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Group Fitness Instructor Job Description Cane Bay Family Y

Group Fitness is a cornerstone of the Y's focus on healthy living. Under the direction of the Senior Director of Fitness & Wellness, the Group Fitness Instructor creates a positive and welcoming environment for members of all backgrounds and abilities. Understands how to build relationships and strengthen member engagement by ensuring classes operate within a culture of safety. The "Y" values of caring, honesty, respect, and responsibility will be exemplified in all aspects.

### **Required Education and Certifications:**

- High School education or equivalent. Some college preferred.
- Current nationally recognized Group Fitness Certification: ACE, AFAA, NASM, ACSM, NETA, ISSA, IFTA or equivalent.
- Current C.P.R., A.E.D. and First Aid certification
- Complete YMCA New Employee Orientation.\*  
\*Within 30 days of employment.

### **Qualifications:**

- Organized, dependable and punctual.
- Instruct clients in a noncompetitive, non-intimidating manner.
- Energetic, enthusiastic and motivational.
- Teaches with enthusiasm and genuine concern for his/her clients.
- A good physical example and role model for a fit and healthily lifestyle.
- Professional manner and appearance.
- Minimum of one (1) year of experience working in healthy living, wellness programming and teaching group exercise classes.
- Maintain up-to-date knowledge in area(s) of expertise.
- Must be able to teach one or more group exercise classes such as (dance, weight-bearing, step, spinning, active older adults, water classes, etc.).
- Demonstrates through words and actions, the skill set to be a team player, strong interpersonal skills with the ability to provide a superior member experience always.

### **Essential Functions:**

- Participates in the upkeep of a clean, safe and well-maintained studio.
- Executes strategies to ensure that members and/or program participants connect with one another and connect with the YMCA.
- Ensures that program and Association standards are met and safety procedures are followed.
- Ensures minimal disruption to member services through strict adherence to staff substitution system.
- Attends staff meetings and trainings as scheduled.
- Other duties as assigned by supervisor.

### **How to Apply:**

Send resumes to: [fitness@ymcagc.org](mailto:fitness@ymcagc.org)