

JOB TITLE: Group Exercise Instructor

October 2021

SUPERVISOR: Health & Wellness Director

General Function

Under the guidance and supervision of the Health & Wellness Director, the Group Exercise Instructor is responsible for conducting specific exercise programs. He/she must perform all duties in a safe and prudent manner. At the Southern Boone Area YMCA, we value the following attributes of personal character and ethical behavior and believe they are essential to attaining our mission: caring, honesty, respect, responsibility.

Know How

A Group Exercise Instructor is required to understand the basic nature and philosophy of the YMCA. He/she must currently possess or earn the following certifications within 6 months of hire: Principles of YMCA Health and Fitness and YMCA Exercise Instructor or an equivalent certification. If individual is not currently certified, he/she must have accumulated 25 hours of practical experience as a class participant or a volunteer fitness assistant prior to certification. He/she must be able to motivate and have good communication skills. The minimum physical requirements of this position are documented in the attached job analysis form which has been completed by the direct line supervisor.

Job Segments

1. Facilitate and guide the teaching of caring, honesty, respect and responsibility in our YMCA.
2. Conduct specific fitness classes.
3. Prepare progressive exercise plans.
4. Record attendance and maintain proper records.
5. Set up and return equipment neatly and report malfunctions.
6. Assist with fitness functions.
7. Perform other duties as may be assigned.