

Title: Group Fitness/Class Instructor

Exempt Status: Non-Exempt

Department: Aquatics & Wellness

Reports to: Aquatics & Wellness Director

Position Summary:

YWCA Group Fitness & Aquatics Instructors are responsible for providing outstanding guest service to members and guests of the YWCA by promoting healthy, positive interactions, ensuring the safety of members, guests, and the facility and by enforcing the rules promoted by YWCA management and the state.

Duties & Responsibilities:

- Teaches scheduled classes, beginning and ending on time; provides adequate warm-up, exercises, stretching, and cool down
- Instructs patrons on effective workout methods; explains proper techniques, demonstrates exercises; identifies different muscle groups, and teaches appropriate methods to strengthen specific muscles
- Prepares appropriate equipment, music, and handouts for each class
- Assists patrons, answers questions, and maintains a positive exercise experience for members and class participants
- Keeps management informed of customer and facility needs
- Ensures that safety standards are met, and that department and facility policies are adhered to
- Performs related duties as required

Employment Requirements (Education/Skills/Experience):

- High School Diploma or GED
- CPR and First Aid Certified
- Group Exercise Certification or equivalent relevant to class being taught

Physical Demands:

The physical demands described here are representative of those that must be met by an employee to successfully perform the essential functions of this job:

- Required to stand for most shifts
- Will demonstrate exercises using proper form and technique
- Required to lift and/or move heavy objects as required

WORK ENVIRONMENT:

Typically works in a professional office environment and aquatics and wellness facilities.

PHYSICAL REQUIREMENTS:

Exerting up to 50 pounds of force occasionally and/or a negligible amount of force frequently or constantly to lift, carry, push, pull or otherwise move objects, including the human body. Physical ability to operate emergency exits and perform emergency procedures. Ability to respond to critical incidents and perform routine first aid tasks.

I have read and understand the job description for my position. I also understand that I am responsible for meeting the standards of performance outlined in the job description as well as conducting myself in a manner supportive of the mission, vision, core values, and standards of behavior of High Point YWCA.

Employee Signature

Date

Executive Director's Signature

Date

Rev. 11/28/2019