



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

YMCA JOB DESCRIPTION

Job Title: Group Fitness Instructor

FLSA Status: Non Exempt

Reports to: Wellness Director

GENERAL FUNCTION:

Under the general direction of the Wellness Director the Group Fitness Instructor is responsible for the instruction and implementation of a group exercise class for members. The position is responsible for demonstrating YMCA leadership competencies to ensure the mission, purpose, image and core values of the YMCA of Middletown is conveyed.

QUALIFICATIONS:

- Teaching/instruction experience preferred
- Must have current. CPR/AED, YMCA certification or AFAA/ACE certification

SPECIFIC RESPONSIBILITIES:

- Prepare choreography and music appropriate for each class
- Arrive early for each class to allow for proper set up
- Begin and end class on time
- Sign in and out for class on time card for every class
- Incorporate an appropriate warm-up and cool down for each class
- Understand and explain how to take pulse
- Explain heart rate training: maximum HR, target HR, resting HR, etc
- Utilize heart rate and perceived exertion charts
- Obtain coverage in event of absence; substitute teach as feasible
- Provide an upbeat, friendly and encouraging class environment for
- Modify class format to meet member needs
- Adhere to current exercise guidelines
- Clean up after class; ensure that all equipment is clean and stored properly
- Communicate with wellness director any problems with members, staff or equipment immediately.
- Maintain all required certifications.
- Attend all required meetings and training.
- All other duties as assigned by supervisor.

PHYSICAL REQUIREMENTS:

- Must be able to stand for extended duration of shift.
- Must be able to bend and stoop frequently.
- Must be able to lift at least twenty-five pounds.
- Must be able to communicate verbally, including projecting voice across distances, and communicate swiftly and effectively with emergency personnel in person and over the telephone.
- Must be able to hear noises and distress signals in an studio environment.

EFFECT ON END RESULT:

With consistent focus and delivery of the core operating objectives and good to great expectations, the YMCA will be recognized by the community as providing excellent service to all who walk through our doors or contact us on the phone.

Signature

Date