

## **RYE YMCA Group Exercise Instructor**

The Y is the leading nonprofit committed to strengthening the community by connecting all people to their potential, purpose, and each other. The Rye YMCA is a family-oriented community service organization which welcomes all people and promotes positive values through programs that build spirit, mind and body. Our programs are designed to help people create realistic goals for self-improvement through regular exercise, proper nutrition, stress management and health education.

There are over 200,000 visits per year to our Rye Y facility by health seeking teens, adults and seniors. In addition, through our outreach initiatives, we actively promote community wide wellness by offering programs and services that would otherwise not be available. Most importantly, the Rye Y works to ensure that our programs and services remain accessible to all through a variety of on-going philanthropic endeavors.

Our primary cause is to strengthen the foundation of community through a focus on three areas: youth development, healthy living, and social responsibility.

### **Summary:**

Instructs group classes in a safe, enjoyable, and positive environment that promotes member wellness and engagement in accordance with YMCA policies and procedures.

### **ESSENTIAL FUNCTIONS:**

- Leads energizing, fun, safe, and educational group classes, as directed by the supervisor, to accomplish the YMCA mission and goals.
- Answers questions from members to support them in achieving their goals related to healthy living.
- Maintains working knowledge of wellness and trends to provide effective information and support to members.
- Builds effective, authentic relationships with members; helps members connect with each other and the YMCA.
- Keeps accurate class attendance records.
- Follows YMCA policies and procedures; responds to emergency situations.

### **QUALIFICATIONS:**

- Required certifications: CPR/AED, National Certification (ACE, NETA, AFAA, NASM) in group fitness instruction or foundations of primary group exercise
- Certification in areas of expertise.
- Must keep all certifications current.
- YMCA Healthy Lifestyles certification within 60 days of hire.
- At least one year of experience teaching group wellness classes preferred. Must be able to sub.

### **WORK SCHEDULE:**

Weekend availability (Saturday and Sunday mornings), need CPR and AED/Certified in Group Exercise.

**Employee benefits include:** Free Membership, Program Discounts, Earned Time Off, Training Opportunities, Flexible Work Schedules for Work/Life Balance, 10% Contributed to YMCA Retirement Fund once Vested, Short Term Disability and much more