



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA GROUP FITNESS INSTRUCTOR

Job Title: **Cycle Instructor**

FLSA Status: Non-Exempt

Job Code: 703

Job Grade: Level 1

Reports to: Wellness Coordinator

Revision Date: January 13, 2015

POSITION SUMMARY:

Instruct group classes; provide excellent service to members in a safe, enjoyable and positive environment that promotes member wellness and engagement in accordance with YMCA policies and procedures. Perform other duties as assigned.

ESSENTIAL FUNCTIONS:

1. Lead specialty classes in a safe, effective and timely manner, appropriate to the level of the participants in the class enhancing the physical, mental and spiritual health of each member.
2. Develop and maintain professional relationships with members using a proactive approach (know and use member's names, approach members to provide guidance and make an effort to acknowledge all within the class).
3. Instruct class participants on correct position, form and body alignment to prevent injuries.
4. Promote the YMCA in a positive manner and keep member service as the primary objective at all times.
5. Adhere to safety guidelines as required, including child abuse prevention.
6. Attend all staff meetings and certifications/ training as directed.

QUALIFICATIONS:

1. Minimum age of 18
2. Current certification in desired format of exercise.
3. Knowledge of health and wellness industry trends.
4. Previous experience working in a fitness facility desired.
5. Work effectively with people of different backgrounds, abilities, opinions and perceptions.
6. First Aid, ARC CPRPRO and AED within 30 days of hire.

YMCA COMPETENCIES (Leader):

Mission Advancement: Accepts and demonstrates the Y's values. Demonstrates a desire to serve others and fulfill community needs. Recruits volunteers and builds effective, supportive working relationships with them. Supports fund-raising.

Collaboration: Works effectively with people of different backgrounds, abilities, opinions, and perceptions. Builds rapport and relates well to others. Seeks first to understand the other person's point of view, and remains calm in challenging situations. Listens for understanding and meaning; speaks and writes effectively. Takes initiative to assist in developing others.

Operational Effectiveness: Makes sound judgments, and transfers learning from one situation to another. Embraces new approaches and discovers ideas to create a better member experience. Establishes goals, clarifies tasks, plans work and actively participates in meetings. Follows budgeting policies and procedures, and reports all financial irregularities immediately. Strives to meet or exceed goals and deliver a high-value experience for members.

Personal Growth: Pursues self-development that enhances job performance. Demonstrates an openness to change, and seeks opportunities in the change process. Accurately assesses personal feelings, strengths and limitations and how they impact relationships. Has the functional and technical knowledge and skills required to perform well; uses best practices and demonstrates up-to-date knowledge and skills in technology.

PHYSICAL DEMANDS:

1. Adequate sight, speech and hearing to communicate effectively with members and guests.
2. Sufficient strength and agility to perform essential functions of position including the ability to lift up to 50 pounds and demonstrate exercise movements.
3. Ability to perform essential functions which may involve, but not limited to the following activities: standing for extended periods; sitting; walking; talking; reaching overhead; carrying; bending; squatting; twisting; and kneeling.

HOURS:

Part Time up to 10 hours weekly
Morning, Afternoon and Saturday Morning Availability Required.

PAY RATE:

\$16.00- \$18.00 DOE

LOCATION:

North Branch

TO APPLY:

Submit cover letter, resume and YMCA job application to:

Tanner Randles

Wellness Coordinator

3725 Ramsey Street

Suite 103B

Fayetteville, NC 28311

tanner.randles@ymcaofthesandhills.org

No Phone Calls Please