

# GROUP EXERCISE INSTRUCTOR NEEDED



At the YMCA, our fitness team plays a key role in inspiring members to lead active and healthy lifestyles. We are currently seeking a passionate and energetic Exercise Instructor to lead engaging and effective fitness classes for our members.

## Schedule:

Tues. & Thurs.: 9:15am-10:30am.

Mon., Tues., Wed.: 8:00am-9:15am (flexible)

## Responsibilities Include, but not limited to:

- ✔ Lead dynamic and engaging group exercise classes that cater to various fitness levels.
- ✔ Provide modifications and guidance to ensure participant safety and effectiveness.
- ✔ Create a positive, motivating, and supportive environment for all members.
- ✔ Ensure proper use of equipment and maintain cleanliness in the fitness area.

## Qualifications:

- ✔ Must be 16 years of age or older.
- ✔ Friendly, upbeat attitude.
- ✔ Previous experience leading group fitness classes a plus, but not required.
- ✔ Strong communication and motivational skills.
- ✔ Ability to work with individuals of diverse fitness levels and backgrounds.
- ✔ CPR/AED certification, or willingness to obtain.



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