

Title: Volunteer Group Exercise Instructor

Supervisor: Associate Director of Health, Wellness & Group Exercise
Branch/Unit: Shih Yu-Lang Central YMCA

F.L.S.A.: Non-Exempt
Compensation: Volunteer

Effective Date: July 24, 2007

General Function

The volunteer fitness instructors at the Shih Yu-Lang Central YMCA will strive to promote the YMCA character values and ensure that every YMCA member is fully engaged in all programs and activities to enhance the development of spirit, mind and body. The fitness instructors are responsible for accommodating all members, and helping to make each member's experience a positive one. He/she is responsible for maintaining the highest levels of customer service while delivering safe and effective exercise classes to members. He/she is responsible for creating a community among members and facilitating Shih Yu-Lang YMCA health and behavior changes through exercise adherence and member participation.

Know How

- Minimum 18 years of age
- CPR Certified
- Experience designing and leading a group fitness class
- Excellent interpersonal communication and facilitation skills
- Basic knowledge of the fundamentals of exercise physiology and environmental considerations
- Group Exercise or class specific certifications preferred

Working Environment/Minimum Physical Requirement

He/She must have the physical, visual and auditory ability to perform the essential functions of the job.

Principal Activities

- Engage, connect, and impact members
 - Greet and acknowledge all members
 - Get to know members
 - Help connect members
- Design safe and effective exercise classes
- Offer information on specialty areas
- Be a motivator and an educator
- Acknowledge the class and introduce yourself
- Be able to explain how and why specific movements work or don't work
- Understanding of working with all populations; beginner to advanced unless your class otherwise specifies.
- Have music cued up and equipment ready before class begins
- Modify overall class structure and individual movements for members of special populations
- Establish a healthy emotional environment to impact adherence
- Know the prevention, detection, and treatment of musculoskeletal injuries, basic emergency procedures, and the legal and professional responsibilities of group fitness instructors
- Prior to teaching solo, you must train with a mentor and be approved by the Associate Director of Health, Wellness & Group Exercise
- Exhibit and practice the YMCA values of caring, honesty, respect and responsibility
- Adhere to all safety and emergency procedures and protocols
- Adhere to all YMCA of San Francisco personnel policies and procedures
- Attend all training sessions and meetings deemed mandatory by your supervisor