



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

OPPORTUNITY AWAITS

GROUP EXERCISE INSTRUCTOR STURGEON BAY & NORTHERN DOOR PROGRAM CENTER

**WORK
AT THE Y!**

Group fitness instructors intentionally foster a cause-centered culture that is welcoming, motivating, and supportive. Instructors may develop and lead wellness, yoga, and/or movement classes that inspire participants to meet their wellness goals, build a deeper connection to the YMCA, and create a positive environment to connect and grow together. Engage members as you deliver classes with enthusiasm, leadership, and knowledge of the components for a safe and effective class. Candidates must be at least 18 years of age. Group fitness instructors will have a good understanding of physical fitness, exercise science, and/or exercise technique and will have experience in group leadership teaching. Fitness certifications are necessary upon hire. Position requires the ability to be physically active for the duration of the class to be taught. Successful candidates will find value in supporting and engaging others.



I love my job at the Y because it is full of opportunities to meet new people and learn new skills. There is always a new challenge on the horizon. I have met people who will be friends for life.

Starting Wage:

- Paid \$10+ per hour depending on experience

Hours:

- Part-time

Applications being accepted. APPLY TODAY!

Please visit doorcountyyymca.org for a full job description, and a list of other opportunities or to download an application.

WHY THE Y

CAUSE DRIVEN

Work with passionate people and help make our community a better place!

One of the most respected non-profits in the world.

125 countries served
OVER 10,000 neighborhoods strengthened

FREE
Y Membership
and program discounts

IMPROVE QUALITY OF LIFE

Create stronger friendships, a greater self-esteem and a sense of belonging by helping others.

IT'S FUN!

There is something new and exciting happening every day at the Y!

DOOR COUNTY YMCA | www.doorcountyyymca.org

Northern Door Program Center
3866 Gibraltar Road, Fish Creek, WI 54212
920-868-3660

Sturgeon Bay Program Center
1900 Michigan Street, Sturgeon Bay, WI 54235
920-743-4949



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

DOOR COUNTY YMCA

Job Title: **Group Fitness/Body, Mind, & Spirit Instructor** Job Code: SBAHE, NDAHE, SBART, SBYOG, NDYOG

FLSA Status: Part Time/Hourly

Job Grade: Grade F

Reports to: SB Healthy Living Director, ND Adult Health and Wellness Director

Revision Date: 6/25/2019

Leadership Level: Leader

Department: Fitness

POSITION SUMMARY:

This position supports the work of the Y, a leading nonprofit, charitable organization committed to strengthening community through youth development, healthy living and social responsibility. In accordance with the policies of the Door County YMCA, the Group Fitness/Body, Mind & Spirit Instructor will deliver programs and services with enthusiasm, leadership and knowledge of the components of a safe and effective fitness program.

OUR CULTURE:

Our mission and core values are brought to life by our culture. In the Y, we strive to live our cause of strengthening communities with purpose and intentionality every day. **We are welcoming:** we are open to all. We are a place where you can belong and become. **We are genuine:** we value you and embrace your individuality. **We are hopeful:** we believe in you and your potential to become a catalyst in the world. **We are nurturing:** we support you in your journey to develop your full potential. **We are determined:** above all else, we are on a relentless quest to make our community stronger beginning with you.

ESSENTIAL FUNCTIONS:

1. Instruct participants in a group fitness setting as to aerobic/strength/flexibility.
2. Enforce established DCY Healthy Living Best Practices.
3. Monitor equipment for safety consideration.
4. Interact and assist participants with their programs by actively correcting form and demonstrating different levels of intensity and impact. Circulate and greet participants so everyone feels welcome.
5. Monitor and record class numbers for future class planning.
6. Direct participants to appropriate program personnel, if questions or concerns arise.
7. Communicate to supervisor substitutions, scheduled conflicts, vacations, and significant events related to the YMCA Health & Fitness procedures. Instructor must attend the first and last class of the session, as well as 75% of the remaining class sessions.
8. Assure own professional growth by maintaining current fitness certifications through reading, study, and meetings.
9. Exemplify the YMCA values of Caring, Honesty, Respect and Responsibility in all aspects of job performance and in relationships with others.
10. Adhere to best practices - including but not limited to arriving to teaching area 10-15 minutes prior, greeting and introducing the class to all participants, dressing in appropriate attire, and creating a warm and friendly environment while having fun and prioritizing safety.

DOOR COUNTY YMCA www.doorcountyyymca.org

STURGEON BAY PROGRAM CENTER 1900 Michigan Street, Sturgeon Bay, WI 54235 **P** 920 743 4949 **F** 920 743 8812

NORTHERN DOOR PROGRAM CENTER 3866 Gibraltar Road, Fish Creek, WI 54212 **P** 920 868 3660 **F** 920 868 9970

LEADERSHIP COMPETENCIES:

- 1. Inclusion
- 2. Developing Self & Others
- 3. Communication & Influence
- 4. Engaging Community

QUALIFICATIONS:

- 1. At least 18 years of age.
- 2. Obtain current CPR and AED certification within 30 days of employment and maintain the certification.
- 3. Complete the following: Orientation to Healthy Living at the Y, Foundations of Listen First, Principles of Member Health and Wellness, Foundations of Group Exercise at the Y (offered by ACE) and Foundations.
- 4. Continuing education credits will be necessary on a continual basis to keep certifications current.
- 5. Extensive training in the discipline is preferred.
- 6. Demonstrate strong skills in working with and motivating people in a positive manner.
- 7. Attend New Employee Orientation and complete all CAP training.

WORK ENVIRONMENT AND PHYSICAL DEMANDS:

- 1. The physical demands described here are representative of those that must be met by an employee to successfully perform the essential functions of this job. Reasonable accommodations may be made to enable individuals with disabilities to perform the essential functions.
- 2. Position requires the ability to perform physical activities with considerable use of arms and legs, while moving entire body over a period of time.
- 3. Position requires the ability to engage in physical activity and lift up to 50 lbs.

SIGNATURE:

I have reviewed and understand this job description.

Employee's name

Employee's signature

Today's date: _____