



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## SWITZERLAND COUNTY YMCA

Job Title: **Group Exercise Instructor**  
FLSA Status: Nonexempt  
Reports to: Wellness Director  
Leadership Level: Team Member  
Primary Function/Department: Health & Wellness

### POSITION SUMMARY:

Instructing positive, safe and effective exercise classes to promote health and fitness to the Switzerland County YMCA members, staff, and the Switzerland County and surrounding community. This position reports to the Wellness Director

### 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:

- Leads energizing, fun, safe, and educational group classes, as directed by the supervisor, to accomplish the YMCA mission and goals.
- Work with the Health and Wellness Director to develop the needs of the Group Exercise Program
- Asks and answers questions from program participants and members to support them in achieving their goals related to health and well-being.
- Maintains working knowledge of wellness and trends to provide effective information and support to members.
- Builds effective, authentic relationships with members; helps members and program participants connect with each other and the YMCA.
- Celebrates achievement of program participants related to program or personal goals, mastering of specific skills or overall health and well-being.
- Keeps accurate class attendance records.
- Find appropriate substitute coverage and substitute for other Group Exercise Instructors as needed
- Create a positive working environment which encourages and motivates others to become more involved in the YMCA
- Maintain and evaluate the current Group Exercise equipment, reporting the needs of the program to the Health and Wellness Director
- Plan and implement new classes, employing new music and choreography to maintain member interest

SWITZERLAND COUNTY YMCA  
1114 W. Main Street, Vevay, IN 47043  
P 812. 427. 9622 F 812. 427. 0258

[www.switzymca.org](http://www.switzymca.org)

Created: 2023- AD

The Y: We're for youth development, healthy living, and social responsibility.



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

- Demonstrate proper form/technique and verbally cue members; correct form is necessary
- Observes and adjusts approach to support all participants' capabilities, physical conditions, health, and culture.
- Set-up, store, and secure equipment upon completion of class
- The Group Exercise Instructor will maintain their certifications and stay current with exercise techniques
- Participate in fundraising events Leads energizing, fun, safe, and educational group classes, as directed by the supervisor, to accomplish the YMCA mission and goals.
- Follows YMCA policies and procedures; responds to emergency situations.
- Performs other duties as assigned.

### **QUALIFICATIONS:**

1. Required certifications: CPR, First Aid, AED, national certification (ACE, NETA, AFAA, NASM) in group fitness instruction or YMCA Foundations of Group Exercise certification.
2. Certification in areas of expertise.
3. YMCA Healthy Lifestyles certification within 60 days of hire.
4. At least one year of experience teaching group wellness classes preferred.

### **WORK ENVIRONMENT & PHYSICAL DEMANDS:**

- 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.
- Ability to conduct classes and activities.
- Ability to perform all physical aspects of the position; including leading class, walking, standing, bending, reaching, and lifting.
- Able to perform full 45 minute- full hour class in aquatic area at 84 degrees
- Physically able to repeatedly jump on concrete pool deck.

### **SIGNATURE:**

I have reviewed and understand this job description.

\_\_\_\_\_  
Employee's Name (please print)

\_\_\_\_\_  
Employee's Signature

Today's Date: \_\_\_\_\_