



YMCA OF LANSING JOB POSTING

Group Fitness Instructor

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

General Function: The YMCA is seeking a Group Fitness Instructor who focuses on cardio and full body strength conditioning while providing a safe, enjoyable, and positive environment that welcomes people of all skill and fitness levels. The group fitness instructor provides group fitness instruction, monitors, educates patrons on fitness and safety, and maintains a safe and enjoyable atmosphere for class participants.

Job Requirements:

- Must be at least 18 years of age.
- Possess a certification from any of the following organization: American Council on Exercise (ACE), the Aerobics and Fitness Association of America (AFAA), the National Strength and Conditioning Association (NSCA), and/or the American College of Sports Medicine (ACSM).
- Working knowledge of human anatomy, kinesiology and training principles.
- Knowledge of group fitness teaching strategies and the incorporation of music, tempo, cueing technique, and rhythm.
- Ability to be professional and motivate class participants.
- Ability to cooperate and work well with other staff members.
- Weekday lunch availability preferred.

Position Responsibilities:

- Teaches scheduled classes, beginning and ending on time; provides adequate warm-up, exercises, stretching, and cool down.
- Instructs patrons on effective workout methods; explains proper techniques, demonstrates exercises; identifies different muscle groups, and teaches appropriate methods to strengthen specific muscles.
- Prepares appropriate equipment, music, and handouts for each class.
- Assists patrons, answers questions, and maintains a positive exercise experience for members and class participants.
- Keeps management informed of customer and facility needs.
- Ensures that safety standards are met, and that department and facility policies are followed.
- Assist in the Annual Campaign as needed.
- Other duties as assigned.

Benefits:

- FREE adult membership to the YMCA! A member of any YMCA in Michigan may visit any Y in the state as a membership benefit.
- A 50% discount on child care at one of the Lansing YMCA's centers! (Subject to availability)
- 25% discount on program fees for themselves up to \$300 per year.

Physical Demands

While performing the duties of this job, the employee is required to: bend, stoop, kneel, twist, reach with hands, sit, stand for an extended period of time, have finger dexterity, and communicate. Must be able to lift at least 25 pounds. The employee must have a high degree of energy and have the endurance to complete the workout.

Disclaimers:

- Must complete successful background screening and drug test for YMCA and all other off-site screenings for partnering organizations.
- This job description may not be all-inclusive and employee is expected to perform all other duties as assigned by direct management.
- Job descriptions and duties may be modified when deemed appropriate by management.

Salary: \$12-18/hour

APPLY NOW: [YMCA of Lansing Job Application](#)