

Aerobics Instructor

Reporting Relationship: Area Coordinator/ Senior Program Director

FLSA Type: Non-Exempt

Mission Statement: To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.

GENERAL FUNCTION

Instructs fitness and/or related classes. Provides direct leadership, instruction, and motivation for participants in fitness classes.

SPECIFIC FUNCTIONS

- ___1. Leads fitness and/or other related classes following Association standards and guidelines.
- ___2. Sets up and takes down class equipment. Reports equipment problems.
- ___3. Maintains effective relationships with the members, participants and other staff.
Develops rapport with members and provide motivational support and guidance.
- ___4. Increases participant awareness of all healthy lifestyle factors. Conveys basic information on YMCA programs and schedules to members and, as appropriate, refers members to other programs and/or staff.
- ___5. Attends staff meetings and trainings as required and scheduled.
- ___6. Encourages member involvement and identifies potential volunteers.
- ___7. Ensures safe and effective workouts. Responds to, and reports, accidents and incidents.
- ___8. May make follow up phone calls to assigned participants.
- ___9. Participate in promotional events, such as, Health fairs, or non-session classes.
- ___10. Responds to emergency situations in accordance with YMCA policies and procedures.
Completes incident and accident reports as required.
- ___11. Obtains own sub when needing to be absent from work. Communicates absences with supervisor.
- ___12. All other duties as required.

EDUCATION/ EXPERIENCE

High School Graduate, or Equivalent.

Experience as an exercise instructor, or complete training with YMCA Program
Director/Coordinator.

25 hours of Class participation, or class assistant.