

YMCA OF SAN DIEGO COUNTY
MAGDALENA ECKE FAMILY YMCA
VOLUNTEER JOB DESCRIPTION

POSITION TITLE: Fitness Instructor
BRANCH / LOCATION: Magdalena Ecke Family YMCA
200 Saxony Road
Encinitas, CA 92024
CATEGORIES: Health / Fitness

BASIC ASSIGNMENTS:

Instruct participants while conducting safe, effective & enjoyable fitness classes – This position carries responsibility for providing state-of-the-art, quality fitness instruction

QUALIFICATIONS:

- A friendly, enthusiastic & conscientious leader with excellent knowledge & skill in the area of fitness – Must possess a professional image & ability to provide excellent leadership, up-to-date instruction & motivation
- Minimum 3 year experience teaching group fitness classes
- National Group Fitness Instructor Certification
- CPR is required
- Ability to lead a safe movement based class
- Ability to work well with members, guests & staff
- Minimum age 18 years or older
- Visual and auditory ability to respond to critical incidents and the physical ability to act swiftly in an emergency situation
- Ability to adequately observe participant activities, enforce safety regulations and apply appropriate policies and procedures

MAJOR FUNCTIONS:

- Working knowledge of body mechanics and exercise physiology
- Ability to instruct members in safe effective methods of group fitness
- Have the ability to motivate participants and the desire to help others
- Must work with individual students within class structure to enable all to correct faults, improve self-image and progress in their fitness program
- Understand, abide by and enforce YMCA policies and procedures – Positively explain and interpret policies to members
- Model the values and Mission of the YMCA at all times
- Follow YMCA standards and procedures as outlined in staff manual, at staff training and at staff meetings

ABOUT THE PROGRAM:

Our Fitness department runs 140+ group fitness classes per week. Along with group fitness classes, the Fitness department also includes the Strength Training Center and Personalized Fitness Center, Yoga and Pilates classes, Aquatic Exercise classes and outdoor exercise classes.