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Job Opening Announcement

Position Title: Active Older Adult Group Exercise Instructor

Position Type: Part time

Date Posted: 06/16/2015

How to apply: In person OR Submit a completed YMCA Employment Application and resume to the Front Desk, YMCA, 1420 Pine Street St, Marquette, MI 49855. Applications are available at www.ymcamqt.org.

Description:

Responsible for instructing, motivating and monitoring active older adults group exercise participants through an effective exercise class. Must ensure a quality experience for participants in a safe, fun and welcoming environment.

QUALIFICATIONS:

1. Certifications: A Group Exercise Instructor Certification or program specific (Les Mills, Cycle, Yoga, Zumba, etc) is required and must be maintained through continuing education credits (CEC's) or program specific regulations (Les Mills Autoship, Zumba ZIN network membership, etc.).
2. Adult CPR/AED is required and must be maintained.
3. Listen First I and II is required.
4. YMCA Healthy Lifestyles Principles and/or YMCA Foundations of Group Exercise may be required.
5. Experience as a group exercise instructor is preferred, experience as a group exercise participant is required. Must have a strong interest in health and fitness for active older adults.
6. Must be knowledgeable in basic anatomy, exercise physiology and general health.
7. Good, positive communication and leadership skills are needed to build relationships with members and work with other staff.

PHYSICAL DEMANDS

1. Ability to multitask is essential, must be able to monitor participants, provide effective cueing and communication, recall choreography, and follow tempo/timing guidelines all simultaneously.
2. Must be able to lift 25 pounds and/or program specific requirements.
3. Must be physically capable of leading a group exercise class for up to 75 minutes with excellent technique, form, posture and clear speech during physical exertion.