Job Posting- Yoga Group Fitness Instructor – Huntington, NY

POSITION SUMMARY: To instruct group classes in a safe, enjoyable, and positive environment that promotes member wellness and engagement in accordance with YMCA policies and procedures. To offer a variety of exercise modalities to enhance physical fitness levels through instruction of cardiovascular, strength, flexibility and mind-body practices.

Current Class Vacancies
Wednesday 7:15PM -8:10PM

ESSENTIAL FUNCTIONS AND JOB SPECIFIC COMPETENCIES:
- Lead energizing, fun, safe, and educational group classes that accomplish the YMCA mission and goals.
- Answer questions from members to support them in achieving their goals related to healthy living.
- Maintain a working knowledge of health and wellness to provide effective information and support to members.
- Build effective, authentic relationships with members; help members connect with each other and the YMCA.
- Keep accurate class attendance records, if required.
- Follow YMCA policies and procedures, know emergency procedures, respond to emergencies, and accurately file an incident report.
- Know and enforce all Fitness Center Rules to ensure the safety of all members/participants, immediately stop any behavior, which in your professional opinion is unsafe.
- Always act maturely and professionally.
- Dress neatly and professionally, with no midriff showing attire.
- Utilize professional music without obscene language and innuendos.
- Know facility schedules and familiarize oneself with all YMCA programs.
- Ability to adjust the workout to accommodate a variety of fitness levels.
- Educate participants on proper form, anatomy, contraindications, and modifications of a move or moves.
- Arrive on time, prepared to begin and end the class on time. On time means you are changed, organized, scan/signed in for the start of your class, available to introduce and welcome new members. Three late arrivals will result in immediate action not limited to termination.
- Responsible for using Group Ex Pro for own class coverage when unavailable to teach.
- Use Group Ex Pro for communicating class attendance.

QUALIFICATIONS/ CERTIFICATIONS
- First Aid, CPR, AED certification required within six month of hire.
- Certification in areas of expertise. (Yoga, Spinning, Diabetes Prevention, etc.)
- Must have knowledge of anatomy, kinesiology, strength and conditioning program leadership and implementation.
- Maintain active status on an annual basis.
- YMCA Sexual Harassment and Child Abuse Training within three months of hire.
- YMCA of Long Island New Employee Orientation within three months of hire
- YMCA Foundations of Group Exercise certification or a national certification (ACE, ACSM AFAA, NASM or equivalent) in-group exercise instruction. If incumbent does not have certification at time of hire, must achieve within three months of hire.
- YMCA Listen First within three months of hire.

HOW TO APPLY:
For consideration, please email your resume and cover letter to Brittany Mueller at Brittany.Mueller@ymcali.org.