

DEFIANCE AREA YMCA

JOB DESCRIPTION: Group Exercise Instructor

Position Summary:

The Group Exercise Instructor leads safe, engaging, and inclusive fitness classes that support the mission of the YMCA to strengthen community through youth development, healthy living, and social responsibility. Instructors create a welcoming environment for participants of all fitness levels while promoting member retention and overall wellness.

Essential Functions:

- Lead dynamic group exercise classes (e.g., cardio, strength, cycling, yoga, or specialty formats) for members of varying abilities
- Provide clear instruction, proper technique guidance, and modifications to ensure safety and inclusivity
- Build positive relationships with members and foster a sense of community within classes
- Arrive prepared with structured, well-designed class plans
- Monitor participant safety and respond appropriately to injuries or emergencies
- Maintain cleanliness and organization of equipment and studio space
- Promote YMCA programs, events, and member engagement opportunities
- Track attendance as required

Qualifications:

- Minimum age of 18
- Nationally recognized group exercise certification (e.g., ACE, AFAA, NASM, or equivalent)
- Current CPR/AED and First Aid certification (or ability to obtain within 30 days)
- Demonstrated knowledge of fitness principles and safe exercise techniques
- Strong interpersonal and communication skills
- Ability to motivate and engage diverse populations

Preferred Qualifications:

- Specialty certifications (e.g., cycling, yoga, Pilates, etc.)
- Previous group fitness instruction experience
- Experience working in a community-focused or nonprofit setting

- Work Environment & Physical Demands
- Ability to lead classes involving moderate to high physical activity
- Ability to demonstrate exercises and lift/move equipment as needed
- Work may include early mornings, evenings, and weekends

Work Location: In person

Rev 08/26