

Group Exercise Instructor, Pilates

Burbank Community YMCA – Burbank, CA

POSITION SUMMARY:

This position supports the work of the Y, a leading nonprofit committed to strengthening community through youth development, healthy living and social responsibility. Instructs group classes in a safe, enjoyable, and positive environment that welcomes people of all skill and fitness levels. Effectively builds community within the class. Modifies class as needed to meet varied health, ability and cultural needs.

QUALIFICATIONS:

- Required certifications: national certification (ACE, NETA, AFAA, NASM) in group fitness instruction or YMCA Foundations of Group Exercise certification.
- Certification in areas of expertise (Pilates).
- At least one year of experience teaching group wellness classes preferred
- Demonstrates commitment to the YMCA Mission, Core Values and Healthy Living Principals.
- Ability to perform all physical aspects of the position; including leading class, walking, standing, bending, reaching, and lifting.

DUTIES & RESPONSIBILITIES:

- Leads energizing, fun, safe, and educational group classes, as directed by the supervisor, to accomplish the YMCA mission and goals.
- Asks and answers questions from program participants and members to support them in achieving their goals related to health and well-being.
- Maintains working knowledge of wellness and trends to provide effective information and support to members.
- Builds effective, authentic relationships with members; helps members and program participants connect with each other and the YMCA.
- Observes and adjusts approach to support all participants' capabilities, physical conditions, health, and culture.
- Follows YMCA policies and procedures; responds to emergency situations.

STATUS/HOURS: PT Tuesday/Thursday morning

SALARY/PAY RATE: \$24-\$35 per hour

TO APPLY:

Please e-mail resume and cover letter to jobs@burbankymca.org or apply in person at the Burbank Community YMCA 321 E. Magnolia Blvd., Burbank, CA 91502.

NO PHONE CALLS PLEASE

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