

<p><i>Since 1946</i> eliminating racism empowering women ywca</p>	<h2 style="margin: 0;">FITNESS INSTRUCTOR POSITION POSTING</h2>
<p>Division/Department: Fitness Connection</p>	<p>Job title: Fitness Instructor</p>
<p>Type of position:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Full-time <input checked="" type="checkbox"/> Part-time <input type="checkbox"/> Temporary <input type="checkbox"/> Contractor <input type="checkbox"/> Intern 	<p>Hours: Flexible Sun - Sat (20 Hour Maximum)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Executive / Administrative <input checked="" type="checkbox"/> Programmatic <input type="checkbox"/> Exempt <input checked="" type="checkbox"/> Nonexempt
<p>Reports to: Fitness Director</p>	<p>Supervises: N/A</p>
<p>General Description: Responsible for design and instruction of fitness classes and to deliver safe and effective opportunities for physical fitness development by teaching fitness classes to YWCA Fitness Connection members.</p>	
<p><u>Responsibilities:</u></p> <ul style="list-style-type: none"> • Teaches fitness classes; assists with monitoring registered participants; conducts safe and effective fitness; follows prescribed class format. • Relays health/program information to patrons; corrects unsafe techniques of patrons; enforces Fitness Program policies. • Performs other duties as assigned. <p><u>Qualifications:</u></p> <ul style="list-style-type: none"> • Group Exercise Certification and/or basic Instructor Certification(s) for classes taught (Zumba, Yoga, SilverSneakers, etc.) • CPR/First Aid/AED Certification • General fitness and physiology knowledge • Leadership skills • Exhibits a sincere desire to improve the health and fitness of YWCA fitness members through safe and effective exercise instruction • Safety skills and focus • Good customer service skills • Work well with co-workers and public • Dependable • Good judgment • Ability to constantly stand, reach at waist, reach overhead, reach at knee, reach at floor, perform fine motor movements, walk, bend, stoop, squat, crouch, kneel, twist at waist, climb stairs, lift 30 lbs. 	

Education and experience equivalent to:

Required:

- High school diploma with basic fitness instruction course or equivalent education; supplemented with three (3) months of teaching experience.

Preferred:

- Athletics and Fitness Association of America (AFAA) Certification
- American Council of Exercise (ACE) Certification
- IDEA Health and Fitness Association
- American College of Sports Medicine

To apply, submit application & 2 Letters of Reference from past supervisors to:

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