

Group Exercise Instructor - Lite & Lively

Burbank Community YMCA – Burbank, CA

POSITION SUMMARY:

The Lite & Lively Instructor provides instruction in a group setting in proper cardiovascular, strength and flexibility training. The Instructor also demonstrates leadership and provides guidance and support to members in their pursuit of health and well-being. Instructors must be able to understand the characteristics and attributes of health seekers as well as active fitness participants and provide instruction for both populations.

QUALIFICATIONS:

- Group Exercise certification.
- One year of related experience.
- Physical ability to lead, demonstrate, and interact in fitness activities and perform related physical fitness skills.
- Certification requirements include, within 30 days of hire, CPR/AED and First Aid; Child Abuse Prevention.

DUTIES & RESPONSIBILITIES:

- Arrives at work consistently on time, in proper uniform, and prepared to perform the essential functions of the job.
- Learns members' names and unique individual goals.
- Effectively plan, organize and present class curriculum for optimal skill development.
- Adheres to the substitution policy: instructors are responsible for finding their own substitutes for any planned time off, ensuring that shifts are covered, and informing the Associate Director before the missed class.

STATUS/HOURS: Part-time

SALARY/PAY RATE: \$20-\$30 per hour based on experience and education

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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