



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

## Shasta Family YMCA

### Job Description

Title:	<b>Group Fitness Instructor</b>	Dated:	March 18, 2021
Reports to:	Healthy Living Director	FLSA Status:	Non-exempt
Department:	Healthy Living	Supervisory:	None

Are you a health and fitness enthusiast? Is making a difference in the lives of people in your classes important to you? We are looking for group fitness instructors who also share cause driven work values. If this is you, please apply!

The Shasta Family YMCA is seeking applicants for regular and substitute Group Fitness Instructors to teach various group exercise classes, including Group Power, Boot Camp, Pump, Zumba, Yoga, Pilates, Cardio Kickboxing and Spin. Regularly scheduled instructors receive a complimentary membership to the Y as well as program discounts.

Pay rates start at \$16 per hour, DOE. We need people who will lead energizing, fun, effective, educational and safe group exercise classes in a positive environment that promotes member health and wellness and engagement. You must also have excellent communication and people skills, have good work ethic, and be team-oriented. We offer nearly 100 group exercise classes each week, so there are classes for everyone. We believe at the Y we can build a healthy mind, body and spirit for all.

Please submit a cover letter, resume, and references via email at [hvela@sformca.org](mailto:hvela@sformca.org). Shasta Family YMCA is an Equal Employment Opportunity Employer. We are a smoke and drug free workplace. Visit our website for more information [www.sformca.org](http://www.sformca.org).

**OUR CULTURE:** Our mission and core values are brought to life by our culture. In the Y, we strive to live our cause of strengthening communities with purpose and intentionality every day. We are welcoming: we are open to all. We are a place where you can belong and become. We are genuine: we value you and embrace your individuality. We are hopeful: we believe in you and your potential to become a catalyst in the world. We are nurturing: we support you in your journey to develop your full potential. We are determined: above all else, we are on a relentless quest to make our community stronger beginning with you.

#### **YMCA Competencies (Leader):**

**Mission and Community Oriented:** Accept and demonstrate YMCA values. Work effectively with people of different backgrounds, abilities, opinions and perceptions. Demonstrate a desire to serve others and fulfill community needs. Recruit volunteers and build effective, supportive working relationships with them.

**People Oriented:** Seek to understand the other person's point of view, and remain calm in challenging situations. Build rapport and relate well to others. Listen for understanding and meaning; speak and write effectively. Take initiative to assist in developing others.

**Results Oriented:** Strive to meet or exceed goals and deliver a high-value experience for members. Embrace new approaches and discover ideas to create a better member experience. Make sound judgments, and transfer learning from one situation to another. Establish goals, clarify tasks, plan work and actively participate in meetings. Support fundraising. Follow budgeting policies and procedures, and report all financial irregularities immediately.

**The Y: We're for youth development, healthy living, and social responsibility.**



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**Personal Development Oriented:** Accurately assess personal feelings, strengths and limitations and how they impact relationships. Pursue self-development that enhances job performance. Demonstrate an openness to change, and seek opportunities in the change process.