



# YMCA JOB DESCRIPTION

Job Title: Fitness Instructor  
 FLSA Status: Non-Exempt  
 Reports to: Program Director

Job Grade: N/A  
 Revision Date: 10.27.2015

## POSITION SUMMARY:

Runs fitness classes at scheduled times during the week. Providing class participants with a safe and effective workout during the class time.

## ESSENTIAL FUNCTIONS:

1. Providing participants with a rewarding workout.
2. Ensuring that all participants are safe when using any equipment.
3. Knowing proper form of exercises and informing participants if they are unfamiliar.
4. Communicating with participants about the class and adjusting to needs of the class.

## QUALIFICATIONS:

1. Minimum age of 18.
2. Certifications: Certified instructor for specific class that is being applied for.
3. Child Abuse, Criminal, and FBI Background checks

## PHYSICAL DEMANDS:

1. Demonstrate the activities to the class which may include lifting weight or moving around the class.
2. Meet strength and lifting requirements.
3. See and observe all class participants to ensure safety of everyone attending.

Physical Demands (Without Accommodations)	Never	Occasionally (Up to 33%)	Frequently (34% - 66%)	Continuously (67% - 100%)
Sitting	o			
Walking			o	
Standing				o
Bending Neck		o		
Twisting Neck		o		
Bending Waist (forward or sideways)		o		
Twisting Waist		o		
Squatting (crouch or sit on one's heels)		o		
Climbing	o			
Kneeling	o			
Crawling	o			
Repetitive Hand Movement			o	
Reach Above Shoulder Height			o	
Reach Below Shoulder Height			o	
Move Items Weighing up to 10 lbs.			o	
Move Items Weighing 11-25 lbs.			o	
Move Items Weighing 26-50 lbs	o			
Move Items Weighing 51-75 lbs.	o			
Move Items Weighing 76-100 lbs.	o			
Move Items Weighing over 100 lbs.	o			

This job description is not designed to cover or contain a comprehensive listing of activities, duties, or responsibilities that are required of the employee for this job. Duties, responsibilities, and activities may change at any time with or without notice.

Employee signature below constitutes employee's understanding of the essential functions, qualifications, and physical demands of the position.

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Employee Print Name

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Employee Signature

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Date