

Position: Pilates Instructor

Status: Part-time, Non-exempt

Salary: \$25 - \$33 per hour

Reports to: Fitness Manager

About YWCA Central Carolinas

YWCA Central Carolinas is on a mission to eliminate racism, empower women and promote peace, justice, freedom and dignity for all. Since 1902, YWCA has evolved to meet the needs of the surrounding community. Today, our programs include transitional housing, youth literacy programs, racial justice and advocacy work and a co-ed fitness center.

YWCA's co-ed gym offers group exercise classes, an indoor heated pool and cardio and fitness spaces for individuals of all fitness levels to focus on their goals. The fitness center serves as a portal into our mission and programs.

Position Objectives

Instruct safe and effective group water exercise classes at YWCA Central Carolinas. Group X Instructor – Land classes include Pilates.

Duties and Responsibilities

Provides High Quality Class Instruction

- Oversees instruction plans, methods and goals that support fitness center instruction expectations.
- Organizes and directs activities of fitness members in order to provide a high level of quality instruction.
- Be well-organized - instructional area/room prep, music/equipment in place and ready to start class to ensure a high level of customer service.
- Develops evolving routines/exercises for specific classes with diverse populations.
- Responsible for creating quality music playlists exclusive of foul language or suggestive lyrics.

Delivers Excellent Customer Service

- Acts courteously, compassionately and responsively to all youths, families and members; meeting customer expectations with timely responses to questions and concerns.
- Anticipates customer needs and responds appropriately.
- Resolves simple issues with youths, families and members and refer more challenging issues to the Director of Fitness.
- Possesses excellent communication skills and be able to communicate effectively with both groups and individuals.

Ensures Safety of Members

- Enforces safety standards and facility operational policy and protocol for all individuals using the fitness center.
- Understands and can implement incident/accident protocols if an accident or emergency should occur.
- Offers safe modifications for YWCA members relevant to the class format and description.
- Ability to comply and execute all safety and emergency YWCA protocols.

Role in Supporting Fitness Center

- Reliable and punctual to work, meetings, functions and trainings.
- Maintains appropriate certifications.
- Takes class attendance/numbers and submits to the Fitness Manager in a timely manner.
- Keeps instructional areas neat and orderly at all times. In the cases where equipment must be moved from one location to another, instructors are responsible for moving and replacing whatever equipment is needed for class.
- When a substitute is needed, instructors should contact staff from available substitute list to find coverage for the class and notify the Fitness Manager of the substitution in a timely and appropriate manner. Staff are expected to teach or find substitute coverage for assigned classes.

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Education and Experience

High School Diploma or GED required. Instructor is required to have and maintain instructor certification through ACE, ACSM, AFAA or other nationally recognized organization. One year of class instruction experience is preferred. An AHA or Red Cross endorsed Adult/Child CPR, AED, First Aid certification is required and must be maintained while in this role.

Benefits

- Employee Assistance Program
- Free YWCA Fitness Center Employee Membership (discounted family membership available)

Physical Requirements

The physical requirements described here are representative of those that must be met to successfully perform the essential functions of this job. Reasonable accommodations may be made to enable individuals with disabilities to perform their job. Required certifications for the position may have stricter physical requirements and when those conflict with the job description, YWCA will follow the requirements in the certification.

While performing the duties of this job, the individual is regularly required to talk or hear. Specific vision abilities required by this job include close and distant vision required for monitoring and maintaining safety of class. Must be able to communicate clearly, including projecting voice across distances. Must meet and maintain physical condition requirements required by certification. Frequently required to stand, stoop, kneel, crouch, bend, walk, jump, reach with hands, arms and legs. Ability to lift and move 40 pounds. Must practice proper body mechanics to prevent injury. Must be able to perform all physical requirements for emergency CPR, AED and First Aid.

Other Information

Employment with YWCA Central Carolinas is contingent on successfully passing all of our pre-employment screenings, including but not limited to: a drug screening, reference checks, proof of certification (if applicable) and a background check. If applicable to the position, YWCA Central Carolinas employment may be contingent on a candidate meeting driver approval criterion as determined by motor vehicle record background check.

YWCA fully subscribes to the principles of equal employment opportunity and is committed to complying with all regulations under federal, state and local law. Recruiting and employment decisions are based on qualifications and capabilities to perform the essential functions of the job.

To apply, please go to our website: <https://ywcacentralcarolinas.org/work-with-us/>