



YMCA of
Central East Ontario

Volunteer Opportunity

Group Fitness Instructor

Belleville Branch

Get started today

Make a difference in your community

Be a part of the YMCA volunteer family

Job Summary

The Group Fitness Instructor plans, leads and instructs members in fitness classes according to class descriptions and the fitness levels of the groups.

Requirements

- Group Fitness Certification
- Criminal Reference check including vulnerable sector
- Annual CPR Level C

Competencies

- Teach a safe and effective class conforming to YMCA values and SAM standards:
 - Arrive 10 minutes before class to ensure equipment needed is available and in good repair, and that area is clean and free of hazards
 - Greet each member or participant with a **smile**, and welcome new participants
 - Introduce yourself to the class and tell them the name of the class you are teaching
 - Make frequent eye contact with all participants
 - Provide modifications for the beginner/advanced exerciser, and encourage all participants to work to their own level/go at own pace
 - End class on time and thank members for coming to class, and encourage them to return

Benefits

- Share your passion for fitness and well-being with other YMCA members
- Learn and develop as a fitness leader through workshops, networking with other YMCA instructors and certification opportunities
- Inspire others to lead a healthier lifestyle
- Develop communication and leadership skills
- Be a part of the wonderful network of YMCA program instructors and fitness professionals

Contact

Amanda Boldrick
613-966-9622 ext 223
amanda_boldrick@ymca.ca
Belleville Branch



Building healthy communities