



## **Volunteer Job Posting**

### **Group Fitness Volunteer Description**

As a Volunteer Group Fitness Instructor at the YMCA, you will play a vital role in promoting health, wellness, and community engagement. Your enthusiasm for fitness and commitment to helping others achieve their wellness goals will inspire participants of all ages and fitness levels

### **Responsibilities:**

- **Lead Engaging Fitness Classes:** Design and lead dynamic group fitness classes that cater to diverse participant needs and fitness levels
- **Provide Motivation and Support:** Create a positive and inclusive atmosphere where participants feel motivated and supported throughout their fitness journey
- **Demonstrate Proper Techniques:** Instruct participants on proper exercise techniques, form, and safety measures to prevent injury and enhance effectiveness
- **Offer Modifications and Progressions:** Adapt exercises and movements to accommodate participants with varying abilities and fitness levels, ensuring inclusivity and progression for all
- **Attend Training and Development Sessions:** Participate in ongoing training, workshops, and development opportunities to enhance your skills, knowledge, and effectiveness as a fitness instructor
- **Maintain Cleanliness and Safety:** Ensure that fitness equipment and facilities are clean, organized, and safe for participant use at all times

### **Qualifications:**

- **Certification:** Preferred certification(s) in group fitness instruction (e.g., ACE, AFAA, NASM, YMCA Group Exercise Certification, etc.).
- **Experience:** Previous experience leading group fitness classes or instructing in a fitness setting is desirable but not required.
- **Communication Skills:** Strong verbal communication skills with the ability to effectively instruct, motivate, and engage participants.
- **Interpersonal Skills:** Ability to build rapport and establish positive relationships with participants and colleagues.
- **Reliability:** Commitment to punctuality, reliability, and professionalism in fulfilling volunteer duties and responsibilities.
- **Successful candidates will be required to provide a current and satisfactory Criminal Record Check/Vulnerable Sector Check, Child Abuse Registry Check**
- **Volunteers will be required to attend Child Safe Guarding Training**

### **Time Commitment:**

\*\* Please email [marla.sim@pcymca.ca](mailto:marla.sim@pcymca.ca) for more info.

If interested please contact Alisha Raniowski at [alisha.raniowski@pcymca.ca](mailto:alisha.raniowski@pcymca.ca)

Thank you for considering volunteering at the YMCA of Pictou County