



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

**EMPLOYMENT OPPORTUNITY**

Send letter of application and resume to:

[sdunn@meadowlandsymca.org](mailto:sdunn@meadowlandsymca.org) OR fax to: 201-955-2055

P.O. Box 252, Rutherford, NJ 07070

**Fitness instructors/Personal Trainers  
Job Description**

**Supervisor:** Family Wellness Director

**Qualifications:**

- National Fitness Certifications in Personal Training and/or Group Exercise Specialities are required and/or college degree in a related field.
- Zumba certifications required for Zumba classes
- Red Cross First Aid
- Red Cross CPR-PR/AED
- Background checks, fingerprinting, references required.
- Interns WELCOME

**General Responsibilities:**

**Position Summary:**

Instructs group classes, provides excellent service to members in a safe, enjoyable, and positive environment that promotes member wellness and engagement in accordance with YMCA policies and procedures.

**Essential Functions:**

1. Leads physical fitness group classes, as directed by the supervisor, to accomplish the YMCA mission and goals.
2. Conducts energizing, fun, safe, and progressively challenging fitness classes.
3. Can bring in new innovative and engaging physical fitness programs for children and adults to the Meadowlands YMCA.
4. Develops a following of class attendees.
5. Creative programming of class content and format, following ACSM guidelines and protocols for fitness and safety.
6. Builds effective relationships with members; helps members connect with each other and the YMCA.
7. Maintains working knowledge of wellness and trends to provide effective information and support to members.
8. Keeps accurate class attendance records.
9. Follows YMCA policies and procedures; responds to emergency situations.

Able to instruct children and adults in the following types of classes:

**Meadowlands Area YMCA**

Instructor 1-5-12.docx

P.O. Box 252, Rutherford, NJ 07070

P: (201) 955-5300 F: (201) 955-2055

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[www.YMCAinfo.org](http://www.YMCAinfo.org)

Aerobic dance, yoga, pilates, kickboxing, body sculpting, stretching, KOGA, hip hop, Tai Chi, African Dance, NIA, Zumba, Zumbatomic, Zumba Gold, Stretching classes, Boot Camp, Active Older Adult, and more. New fitness programs are welcome.

**Hours:**

Vary depending on the class. Early morning through 9 pm. Majority of classes are offered 6 am – 9 am and 6 pm – 9 pm.

**Compensation Package:**

- \$20 – 30 per hour
- YMCA Retirement Fund (mandatory after qualifying period)-7% YMCA & 5% Employee Contribution
- FSA, Employee Assistance Program (EAP) and Credit Union
- Program Discounts