



YMCA OF LANSING JOB POSTING

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Pilates Reformer Instructor

General Function: We are seeking a passionate and dedicated Pilates Instructor to join our dynamic fitness team at all branch locations. The ideal candidate will have a strong background in Pilates and a comprehensive understanding of body mechanics, anatomy, and program design. As a Pilates Instructor, you will lead engaging classes that promote physical fitness, flexibility, and overall well-being. Your expertise will help clients achieve their fitness goals while fostering a supportive and motivating environment.

Duties and Responsibilities:

- Conduct group Pilates classes that cater to various skill levels, ensuring all participants feel included and challenged.
- Design and implement effective workout programs tailored to individual client needs, incorporating principles of physiology and body mechanics.
- Provide clear instructions on proper techniques and movements to ensure safety and effectiveness during classes.
- Monitor participants' progress and provide constructive feedback to enhance their performance.
- Maintain a clean and organized studio environment, ensuring all equipment is in good working condition.
- Stay updated on the latest fitness trends and techniques to continuously improve class offerings.
- Promote additional services offered by the Y, including personal training sessions or specialized workshops.
- Collaborate with other fitness instructors to create a well-rounded program that may include elements of yoga, cycling, kickboxing, or CrossFit.
- Outgoing, friendly, and enthusiastic personality.
- Must have strong conflict resolution skills.
- Ability to respond to safety and emergency situations.
- Must complete all required YMCA trainings in the expected timeframe.
- Must be available weekends and weeknights.

Salary: flexible, part-time work schedule with a max of 20 hours a week, \$25-\$35 per/hour

Benefits:

- Free YMCA Adult Membership
- 25% discount on program fees for themselves or eligible family members up to \$300 per year
- 15% retirement contribution upon eligibility
- Paid sick time based on status and hours worked
- Paid YMCA risk required trainings

Job Requirements:

- Certification in Pilates instruction from an accredited organization is required.
- Strong knowledge of anatomy, physiology, and body mechanics as they relate to movement and exercise.
- Experience in group fitness instruction; additional certifications in yoga, kickboxing, cycling, or CrossFit are a plus.
- Proven ability to design effective workout programs that meet diverse client needs.
- Excellent communication skills with the ability to motivate and inspire clients of all backgrounds.
- Previous experience in personal training or sports coaching is beneficial.
- A passion for health and fitness with a commitment to ongoing professional development in the field.
- Ability to work flexible hours including evenings or weekends as needed. Join our team as a Pilates Instructor where you can share your passion for fitness while helping others achieve their health goals!
- Completion of YMCA trainings within a required time frame. Trainings include:
 - CPR/AED, First Aid
 - Child Sexual Abuse
 - Harassment
 - Slips, Trips, and Falls
 - Blood Borne Pathogens

Physical Demands

While performing the duties of this job, the employee is often required to: bend, stoop, kneel, twist, reach with hands, sit, stand for an extended period of time, lift and/or move up to 50 pounds, have finger dexterity, grasp, perform repetitive motions, talk, hear and have visual acuity. Must be able to stand for long periods of time.

Disclaimers:

- Must complete successful background screening.
- This job description may not be all-inclusive and employee is expected to perform all other duties as assigned by direct management.
- Job descriptions and duties may be modified when deemed appropriate by management.

Apply in person at any YMCA of Lansing location or on-line @ lansingymca.org