

# EXERCISE INSTRUCTOR – SILVER SNEAKERS

The Danville Family YMCA is seeking a Silver Sneakers Exercise Instructor to join our team!

The YMCA focuses on empowering people in all forms, by improving health and well-being and inspiring action in and across our neighborhoods.

This position supports the work of the Y, a leading non-profit, charitable organization committed to strengthening community through youth development, healthy living, and social responsibility.

As a Silver Sneakers Exercise Instructor, you will create and maintain a safe and positive atmosphere that promotes member safety and engagement as you teach group exercise classes.

## Key Responsibilities:

- Conduct fun, safe, and educational classes.
- Design classes to improve one or more of the four components of fitness: flexibility, strength, muscular endurance, and cardio-respiratory conditioning.
- Demonstrate techniques with different intensity levels.
- Build relationships with members and guests.
- Maintain equipment organization.
- Clean fitness space and equipment after classes.
- Assist in compiling program statistics.

## Are you a good fit?

- You are committed to valuing and promoting diversity and contributing to an inclusive working and learning environment.
- You have a year of experience leading fitness classes (preferred).
- You have knowledge of the fitness components of a group exercise class.
- You have a certification in Group Exercise or related specialty (preferred).
- You have a positive attitude.
- You have current CPR for the Professional Rescuer, First Aid, AED, and Oxygen certifications (preferred).
- Able to complete Child Abuse Prevention training on the first day and other online or in-person training as required.

Wage: \$14 per hour

Hours: Part-time, 9-12 hrs. weekly

**Location: Danville Family YMCA, 1111 N. Vermilion St., Danville, IL 61832**

**Benefits:**

- Flexible scheduling
- Training provided
- A personal YMCA membership and discounted membership for family members
- Paid sick leave accrued at one (1) hour for every 40 hours worked per year
- Professional training, education, and certification opportunities
- 50% discount on YMCA youth programs, 25% discount on team memberships and childcare services, and at cost for merchandise

**Ignite your Passion, Live the Y Cause, and Join our Team! To apply, visit our website at [www.danvilleyymca.org/employment](http://www.danvilleyymca.org/employment)**

**The Danville Family YMCA is committed to diversity and inclusion throughout our organization and is an Equal Opportunity Employer.**