



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## MANITOWOC-TWO RIVERS YMCA JOB DESCRIPTION

Job Title: **Active Older Adults Wellness Instructor**

FLSA Status: NonExempt-Hourly Part Time

Pay Rate: based on experience and credentials

Reports to: Wellness Lead

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### POSITION SUMMARY:

The Active Older Adults Wellness Instructor is responsible for leading a weekly fitness class tailored to the needs of older adults. This position supports the YMCA's mission by creating a welcoming and inclusive environment that promotes physical activity and wellness. The instructor will design and deliver safe, effective workouts that focus on mobility, strength, balance, and overall well-being. The role requires an enthusiastic and caring approach to support the health and engagement of older adult participants.

### ESSENTIAL FUNCTIONS:

1. Lead exercises focused on strength, flexibility, balance, and cardiovascular health in an engaging and age-appropriate way.
2. Provide clear instruction and friendly encouragement, offering modifications so every participant feels successful.
3. Create a positive and supportive atmosphere that promotes community and connection.
4. Prepare classroom space and equipment before class and return equipment after use.
5. Instructs wellness classes in accordance with YMCA guidelines, having prepared engaging and safe exercise plans accordingly.
6. Builds effective, authentic relationships with members; helps them connect with each other and the YMCA. Identifies potential volunteers.
7. Conveys information on wellness programming, YMCA events, and program schedules.
8. Have personal physical endurance and capability to meet the physical demands of the classes instructed.
9. Ability to speak concisely and effectively communicate.
10. Maintains accurate attendance records.
11. Attends staff meetings and trainings as scheduled.
12. Follows all YMCA policies, rules, regulations and procedures, including emergency and safety procedures. Completes incident and accident reports as necessary.
13. Organizes and puts away needed class equipment and fitness towels.

**QUALIFICATIONS:**

1. Current group fitness certification (YMCA, ACE, AFAA, ACSM, or similar).
2. Experience working with older adults in a fitness or wellness setting preferred.
3. Strong communication and interpersonal skills.
4. Certifications within 60 days of employment: CPR/AED for Professional Rescuers and Health Care Providers and Group Exercise Instructor Certification (upon availability of certification offerings)
5. Provide safe, fun, and energetic classes
6. Ability to move to music on beat as it pertains to your class
7. Willingness to sub for other instructors when available
8. Must provide modifications for all physical ability levels
9. Willingness to learn different wellness class formats
10. At least 18 years of age

**PHYSICAL REQUIREMENTS:**

This position requires the ability to stand, walk, bend, stoop, kneel, and reach regularly. Must be able to lift and/or move up to 25 pounds and occasionally lift and/or move up to 50 pounds. The role may involve physical activity both indoors and outdoors in various weather conditions. Reasonable accommodations may be made to enable individuals with disabilities to perform the essential functions.