



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**Part-Time FOREVERWELL® Fitness Instructor**  
**FREE YMCA Membership & 24/7 Access**  
**Morning Hours teaching 2 – 3 classes each week**  
**Eligible to enroll in: 403b**

### **POSITION SUMMARY:**

The Manitowoc-Two Rivers YMCA is looking for an energetic and dependable **FOREVERWELL Fitness Instructor** to lead engaging group exercise classes designed for active older adults. This position is perfect for someone who enjoys helping others stay active, build strength, improve mobility, and connect with others in a welcoming environment.

### **What You'll Do**

- Lead safe, fun, and engaging FOREVERWELL group fitness classes.
- Provide exercises appropriate for a variety of fitness and ability levels.
- Offer modifications and encourage participants to work at a level that is comfortable and safe for them.
- Create a positive, supportive, and welcoming class environment.
- Build relationships with participants and encourage continued participation.
- Follow YMCA safety procedures and fitness program guidelines.

### **Qualifications**

- Enthusiastic about working with older adults and helping others improve their health and wellness.
- Comfortable leading and motivating groups.
- Dependable, positive, and able to communicate effectively with participants.
- Previous group fitness or fitness instruction experience is **preferred, but not required; we are willing to train the right candidate.**
- CPR/AED certification required; training will be provided by the YMCA after hire.

### **Part-Time | Flexible Schedule**

If you enjoy fitness, working with people, and making a positive difference in the lives of older adults, we would love to have you join our YMCA team!

**To Apply:** Send your resume to **lhollen@mtrymca.org** or stop by the YMCA Front Desk to pick up an application!



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