



St. Paul

GROUP FITNESS INSTRUCTORS: PILATES MAT

YWCA St. Paul is looking for Group Fitness Instructors to teach Pilates Mat classes. Please indicate your availability in a cover letter.

Come join our team at the YWCA St. Paul and be a part of an organization that's making a difference in our community! The YWCA St. Paul is dedicated to eliminating racism, empowering women and promoting peace, justice, freedom and dignity for all.

YWCA St. Paul Group Fitness Instructors develop and lead safe, effective and engaging classes for YWCA St. Paul Health and Fitness Center members and guests. They deliver exceptional customer service, build strong relationships and help promote health and well-being.

- Develop safe, effective and engaging Pilates Mat classes to ensure class members' goals are met.
- Monitor and instruct class members, educating, informing and providing alternative poses.
- Deliver exceptional customer service, responding to needs and concerns.
- Engage with class members before and after class, building relationships.
- Keep accurate class attendance records.
- Respond and follow YWCA St. Paul safety guidelines.
- Clean and organize studio after each class.

The successful candidate must meet the following qualifications:

- Minimum of one-year experience teaching group fitness classes.
- Nationally recognized Group Exercise Certification through National Association of Sports Medicine (NASM), American Council of Exercise (ACE), American Fitness Aerobic Association (AFAA) or National Exercise Trainers Association (NETA); and Pilates Mat certification.
- Current CPR/AED certification.
- Excellent interpersonal communication skills.
- Commitment to providing exceptional customer service to members and guests.

If you enjoy the opportunity to make a difference and work in a collaborate environment where we celebrate and appreciate each other, **please submit your resume, cover letter, salary requirements and completed application** to hr@ywcastpaul.org.

Applications can be found by following the link: <http://www.ywcastpaul.org/about/jobs/>