



WORK AT THE Y

ForeverWell Strength & Balance Instructor

\$11.64/hour

PART-TIME

The Stevens Point Area YMCA is looking for an energetic, encouraging, and relationship-focused individual to lead Strength & Balance classes that help participants stay active, strong, and independent. This position plays an important role in helping participants improve mobility, strength, confidence, and overall wellness in a welcoming and supportive environment. Under the direction of the Health & Wellness Coordinator, the ForeverWell Strength & Balance Instructor is responsible for planning and conducting safe, engaging, and effective group fitness classes designed for older adults.

QUALIFICATIONS

- Fitness skills and knowledge necessary to fulfill a fitness class leadership role through teaching experience, personal experience, or extensive fitness participation
- Ability to perform physical functions necessary for program instruction, including squatting, bending, kneeling, and spotting participants
- Passion for wellness and helping others achieve their health goals
- Strong relationship-building and communication skills
- Leadership abilities with the capability to motivate and inspire participants



HOW TO APPLY:

A fully completed Stevens Point Area YMCA Employment Application is required. Scan the QR code to apply online, or stop by the Member Services desk for a paper application.

CERTIFICATIONS

- CPR/AED/First Aid certification required within 60 days of hire
- Group Exercise Certification preferred

The Stevens Point Area YMCA is an equal opportunity employer functioning under an Affirmative Action Plan.

**FREE
Y Membership**

**Flexible
Schedule**

**Discounts on Y
programs and
Child Care**

**Internship
Credit/Work
Experience**

**Y Retirement
Savings Account**

**Supportive
Community**

**Inclusive Work
Environment**