



WORK AT THE Y

Pilates Mat Instructor

\$13.25/hour

PART-TIME

Under the direction of the Health & Wellness Coordinator, and in accordance with the policies of the Stevens Point Area YMCA, the Pilates Instructor will lead quality Pilates Mat classes. Typical work schedule for this position will vary depending on available classes.

QUALIFICATIONS

- Must possess fitness skills and knowledge necessary to fulfill a fitness class leadership role through teaching, experience or extensive fitness participation.
- Must be able to perform physical functions necessary to program instruction, including but not limited to squatting, bending, kneeling, and spotting program participants.
- Must possess a passion for wellness, an understanding of individual challenges with achieving wellness goals, and strong relationship-building skills.
- Strong leadership abilities and the capability to motivate and inspire program 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 within 60 days of hire.
- Current Pilates Mat Certification through a reputable administering company.

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