



WORK AT THE Y

Yoga Instructor

\$13.25/hour

PART-TIME

The Yoga Instructor is responsible for planning and leading safe, effective, and engaging yoga classes for participants of varying ages, abilities, and experience levels. This role requires strong communication skills, professionalism, and the ability to create a welcoming and inclusive environment that promotes physical wellness, mindfulness, flexibility, balance, and relaxation. The instructor will provide appropriate modifications to meet participant needs while ensuring a positive and rewarding class experience.

QUALIFICATIONS

- Lead group yoga classes in accordance with established program standards and safety guidelines.
- Guide participants through yoga postures, breathing techniques, and relaxation exercises.
- Demonstrate proper exercise techniques and provide modifications for varying fitness levels and physical abilities.
- Monitor participants to ensure safe practice and proper alignment.
- Plan and prepare classes that are engaging, effective, and appropriate for the participant population.
- Promote mindfulness, body awareness, stress reduction, and overall wellness through yoga instruction.
- Build positive relationships with participants and provide encouragement and motivation.
- Maintain attendance records and comply with facility policies and procedures.
- Stay current with yoga practices, teaching techniques, and industry trends.
- Assist with special events, wellness programs, and facility promotions as requested.



HOW TO APPLY:

Scan the QR Code to apply online, or stop by the Member Services desk for a paper application.

CERTIFICATIONS

- Current Yoga Instructor Certification from a recognized yoga training program (required).
- CPR certification within 60 days of hire.

The Waushara Community 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