



## YOGA INSTRUCTOR

**FTE: 0.00 (2 to 4 hours a week)**

**Exempt Classification:** Non-Exempt

**RATE: \$20-30/hr**

**Reports To:** Active Living Manager

*Open until filled*

### Job Overview:

United Fitness Center, a service of United General District 304, is committed to improving the health of our community by providing fitness and wellness services that heal, prevent illness, disease and injury, and work to enhance personal health and wellness. The role of the Yoga Instructor is to provide support and assistance for yoga students as part of United Fitness Center.

### Responsibilities and Duties:

- Teach group Yoga classes – 2 to 4 hours a week
- Provide Yoga students with adaptive yoga postures
- Assist with the coordination of Yoga program and class schedule

### Qualifications:

- High School diploma or GED – required
- Current CPR/AED – required
- Nationally recognized Yoga certification or extensive experience teach Yoga in Lieu of certification – required
- One year of experience teaching group fitness Yoga classes – preferred
- Ability to adapt to senior population
- Must have excellent interpersonal and customer service skills
- Ability to maintain productive and calm demeanor in a busy environment
- Must be highly motivated and self-directed

### Work Conditions:

- Large studio with adjoining prop room

### Required Physical Abilities:

- Must be physically fit and able to endure several hours of teaching (including standing, bending, reaching, lifting and stretching)

*The above statements are intended to describe the general nature and level of work being performed by persons assigned to this position. They are not intended to be an exhaustive list of all associated responsibilities, skills, efforts, or working conditions. United General District 304, reserves the right to change, amend, add, delete, and otherwise assign any and all duties, responsibilities, and position titles as it deems necessary to meet the needs of the business.*