

JOB DESCRIPTION

JOB TITLE: Yoga Instructor
CLASSIFICATION: Non-exempt
REPORTS TO: Exercise & Wellness Manager
LAST UPDATED: October 27, 2022

MISSION

VINE is redefining aging and promoting the wellbeing of aging adults through programming, services, and community engagement.

POSITION SUMMARY

Under the supervision of VINE's Exercise & Wellness Manager, the Yoga Instructor leads yoga classes at the VINE Adult Community Center (VACC) and/or at off-site events.

ESSENTIAL FUNCTIONS

1. Plan and teach scheduled yoga classes, beginning and ending on time.
2. Lead engaging classes that promote good health and positive aging.
3. Extend hospitality and treat class participants with respect, dignity, and individuality.
4. Assist participants of varying levels, demonstrating modifications and challenges to make class relevant to all.
5. Visually assess students, facilitate correct alignment, and provide positive feedback.
6. Make announcements pertaining to the facility and other VINE events, as directed.
7. Demonstrate good judgement and creativity when dealing with challenging behaviors.
8. Communicate with other Health & Wellness staff about participant feedback, facility needs, and problems.
9. Adhere to and enforce building protocol to facilitate a safe experience and mitigate risk of disease spread.
10. Perform other duties as assigned.

COMPETENCY – KNOWLEDGE, SKILLS, AND ABILITIES

- Experience working effectively with a variety of people, particularly older adults.
- Ability to learn, plan, and facilitate yoga classes.
- Possess (or can obtain within 30 days) group exercise and/or yoga certification(s).
- Knowledge of and experience with a variety of yoga practices.
- Possess means of reliable transportation to and from work.

EDUCATION AND EXPERIENCE

- Previous experience leading yoga classes, particularly with adults and older adults. 200-hour yoga certification preferred. Newly certified instructors will be considered.

ADDITIONAL ELIGIBILITY QUALIFICATIONS

- Possess current CPR/AED certification within 90 days.



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- Able to pass a criminal background check.
- VINE requires all employees to show proof of vaccination and boosters against COVID-19 unless they qualify for an accommodation.

POSITION TYPE

This is a part-time position for day, evening, weekday, or Saturday hours based on availability and needs of the organization. Up to 10 hours a week, as schedule allows.

SUPERVISORY RESPONSIBILITIES

This position does not supervise employees.

WORK ENVIRONMENT

Work will take place in a climate-controlled indoor setting with normal business-level noise and lighting. Opportunities for outdoor yoga classes in warmer months are possible.

PHYSICAL DEMANDS

The position includes standing, bending, and moving based on the class taught. Expect regular contact with members.

TRAVEL

This position does not require travel other than locally for occasional off-site events.

EQUAL OPPORTUNITY EMPLOYMENT

VINE is an equal opportunity employer and does not unlawfully discriminate against employees or applicants for employment on the basis of an individual's race, color, religion, creed, sex, national origin, age, disability, marital status, veteran status or any other status protected by applicable law. This policy applies to all terms, conditions and privileges of employment, including recruitment, hiring, placement, compensation, promotion, discipline and termination.

SIGNATURES

Please note this job description is not designed to cover or contain a comprehensive listing of activities, duties or responsibilities that are required of the employee for this job. Duties, responsibilities, and activities may change at any time with or without notice.

This job description has been approved by:

Supervisor _____ Date _____

Employee signature below indicates the employee's understanding of the requirements, essential functions, and duties of the position.

Employee _____ Date _____