

**eliminating racism  
empowering women**

**ywca**

**Central Massachusetts**

Position: Substitute, Aerobics Instructor  
Accountability: Health & Wellness Center Director  
Hours of Work: On call.  
Location: Worcester  
CORI Required: No

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**About the YWCA Central Massachusetts**

For more than 125 years, the YWCA Central Massachusetts has served as a life-long positive force for women and girls, their families and communities. By leveraging the reach, power and passion of our members and supporters, we have created lasting change.

The YWCA Central Massachusetts offers a wide range of programs, including early education & care; domestic violence services; career assistance; healthy lifestyle promotion. Our services strengthen women and girls in the community, helping them to realize their full potential.

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**General Function:**

Teach aerobics class to children and adults.

**Qualifications:**

- Experience in Fitness field with basic knowledge of cardiovascular and strength training
  - Demonstrated skills in providing quality customer service; ability to relate to people of diverse attitudes and interests
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**How to apply:**

If you are interested in applying for any of the above positions please complete an Employment Application and send the completed application and resume to:

Email: [HR@ywcaworcester.org](mailto:HR@ywcaworcester.org)

Fax: Human Resources at 508-754-0496

Mail: YWCA Central Massachusetts  
Attn: Director of Human Resources  
1 Salem Square  
Worcester, MA 01608-2090

The YWCA Central Massachusetts is an Affirmative Action/Equal Opportunity Employer.