



Job Description  
Minimum Wage: \$25.00/hr.

## **Group Exercise Instructor (Part-time)**

**DEFINITION:** Under direction from the Fitness Supervisor, and the Recreation Services Supervisor - Rec. Center Operations, the Group Exercise Instructor will be responsible for performing safe and educational group exercise classes with an emphasis on customer service. May perform other duties as assigned.

**CLASSIFICATION:** This is a part-time, hourly position with no benefits.

**ESSENTIAL FUNCTIONS:** Essential functions, as defined under the Americans with Disabilities Act, may include the following tasks, knowledge, skills and other characteristics. This list is ILLUSTRATIVE ONLY, and is **not** a comprehensive listing of all functions and tasks performed by incumbents of this classification.

### **TASKS:**

- Provide a fun and safe workout through one or more specialty group exercise classes.
- Greet, introduce and welcome participants
- Educate participants concerning safe exercise techniques and constantly monitoring safety
- Acquaint new participants with class procedures
- Monitor proper form and technique
- Obtain substitutes as needed
- Develop routines with appropriate music and choreography
- Enforce recreation center rules and regulations
- Communicate any equipment problems, member concerns, or suggestions to the Fitness Supervisor or Recreation Services Supervisor
- Attend all required meetings/trainings for CRC staff and Personal Training Staff
- Enhance knowledge through continuing education, etc. to build skills

**PHYSICAL REQUIREMENTS:** This position is physically demanding. It is required that Group Exercise Instructors be able to safely demonstrate all actions required by participants.

**HOURS:** Must be able to work split shifts, weekdays, weekends and/or evenings as assigned.

**EXPERIENCE AND TRAINING:** One year of group exercise instruction experience. Instructors **MUST** have current CPR/AED certification; must also have a current nationally recognized group exercise certification (ex. ACSM, ACE, ACSM, NSCA, AFAA).