



INTERNAL / EXTERNAL APPLICANTS

City of Cottonwood Seeking Applicants:

Part-Time Group X Instructor- Yoga:

Minimum hourly rate \$25.00

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. This position will primarily consist of Monday and Wednesday evenings.

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).

Applications (REQUIRED) and full job description available at www.cottonwoodaz.gov, or at the City of Cottonwood Human Resources Office, 816 N. Main St., Cottonwood, AZ 86326. Phone 928-340-2713. EOE/ADA.

OPEN UNTIL FILLED