



## **Fitness Class Instructor**

**\*Includes all types and styles – Aerobic, Resistance Training, Yoga, Spin, Martial Arts and more**

### **Summary & Purpose**

Leads and coordinates individual or group adult fitness classes.

### **Minimum Qualifications**

- High school diploma or GED
- Computer literate

### **Preferred Qualifications**

- At least 1 year of experience directly related to the duties and responsibilities specified.
- Recognized competency in field of instructional expertise.

### **Duties and Responsibilities include, but are not limited to:**

- Plans and leads exercise/activity sessions in one or more assigned fitness areas.
- Assists in maintaining and improving the goals of the organization.
- Sets up and monitors class equipment, and ensures its return in serviceable condition.
- Advises participants on program and class procedures and policies, as appropriate.
- Ensures that safety and injury prevention policies and procedures are adhered to by participants; reports accidents and prepares accident reports, as required.
- Distributes handouts and/or class evaluations, if appropriate, and answers questions from participants after each session; assists in performing follow-up and communication with participants, as required.
- Performs miscellaneous job-related duties as assigned.

### **Staff Development**

- Work with the Fitness Team Leader (or equivalent position) in scheduling for the winter, summer and fall seasons.
- Attend any scheduled staff meetings for all areas necessary.
- Maintain communication with the Fitness Team Leader (or equivalent position) regarding recognition, performance reviews, substitutions and schedule conflicts.
- Communicate clear and concise information as needed to all class participants, and personnel if necessary.
- Continuing education through trainings and offered certification courses, if available.
- Adhere to all Rec Center rules and regulations.

## Criteria for Success

- Strong interpersonal and communication skills and the ability to work effectively with a wide range of people in a diverse community.
- Knowledge of fitness training and education methods and techniques in area of specialty.
- Knowledge of exercise principles and technology.
- Knowledge of the operation and maintenance of fitness equipment and facilities used for classes.
- Skill in the use of first aid procedures.
- Ability to prepare routine administrative paperwork (if necessary)
- Ability to read, understand, follow and enforce safety procedures.
- A professional appearance.

## Conditions of Employment

- CPR Certification required within 2 months of date of hire.
- Must pass a pre-employment criminal background check.

## Working Conditions and Physical Effort

- Extensive physical activity. Requires strenuous physical work; heavy lifting, pushing, or pulling required of objects over 50 pounds.
- Work environment involves minimal exposure to physical risks, such as operating dangerous equipment or working with chemicals.
- Work may involve moderate exposure to unusual elements, such as extreme temperatures, dirt, dust, fumes, smoke, unpleasant odors, and/or loud noises.

**The Rec Center provides all training required by OSHA to ensure employee safety.**

### **This position is Part-Time:**

**Pay Rate:** Minimum Wage

**Minimum Hours:** Varies per fitness class - Based on the amount of hours willing to teach

\*All individual employees of the Rec will receive a complementary Rec membership