

**Job Title:** Group Fitness Instructor

**Supervisor:** Instructional Programs Coordinator

Essential Responsibilities:

- Safely instruct an effective, creative group fitness class at the Student Recreation Center
- Provide quality customer service to all participants in class, regardless of fitness level, appearance, or otherwise
- Communicate effectively with the Instructional Programs Coordinator through phone, email, or in person
- Enforce all program policies and procedures as it pertains to the class
- Enforce all building policies and procedures and assist as needed during emergencies
- Attend all group fitness staff meetings and trainings

Minimum Requirements:

- Possess current CPR/AED and First Aid certifications
- Possess current certification or appropriate previous practical experience in desired class.
- Leadership, supervisory abilities, and enthusiasm
- Ability to work independently
- Knowledge of standard practices in recreational sports
- Ability to thrive in an environment that values high expectations, accountability, and balanced lifestyles
- Ability to plan for and adapt to all accommodate all fitness levels and abilities

Technical Competencies

- Proficiency with audio/visual equipment

Human Relations

- Internal contacts include staff at all levels. External contacts include recreation members. Contact involves troubleshooting, informing, exchanging information, making recommendations, and giving information or instructions

Work Environment

- Fitness center environment
- Moderate to loud noise
- Occasional evening or weekend work

Physical Demands

- Standing or walking for at least 50% of the work day
- Occasional bending, stooping
- Hearing and speaking

<b>Group Fitness Certifying Agencies</b>	<b>Aqua Instruction Certifying Agencies</b>
<ul style="list-style-type: none"> <li>• Aerobic and Fitness Association of America (AFAA) Primary Group Fitness</li> </ul>	<ul style="list-style-type: none"> <li>• Aquatic Exercise Association (AEA)</li> </ul>
<ul style="list-style-type: none"> <li>• American Council on Exercise (ACE) Group Fitness</li> </ul>	<ul style="list-style-type: none"> <li>• Arthritis Foundation</li> </ul>
<ul style="list-style-type: none"> <li>• National Exercise Trainers Association (NETA)</li> </ul>	<ul style="list-style-type: none"> <li>• Aerobic and Fitness Association of America (AFAA) Primary Group Fitness</li> </ul>

<b>Mind/Body Certifying Agencies</b>	<b>Dance Certifying Agencies</b>
<ul style="list-style-type: none"> <li>▪ Must have accreditation from a Yoga Alliance School, such as YogaFit®. Registered Yoga Teacher (RYT) 200 or more preferred.</li> </ul>	<ul style="list-style-type: none"> <li>• Educational background/experience in Ballet, Jazz, Tap, etc as an instructor.</li> </ul>
<ul style="list-style-type: none"> <li>• AFAA or Stout Pilates</li> </ul>	<ul style="list-style-type: none"> <li>• ZUMBA®</li> </ul>
<b>Indoor Cycling Certifying Agencies</b>	<b>Instructional Clinics</b>
<ul style="list-style-type: none"> <li>• Kaiser Indoor Cycling</li> <li>• Spinning</li> </ul>	<ul style="list-style-type: none"> <li>• Must provide extensive background/experience for desired instruction (ex: Belly Dance).</li> </ul>

\*Note: This list is not exclusive. Proof of other NCCA Certifications will be approved at the discretion of the Instructional Programs Coordinator and/or Assistant Director of Fitness.

\*\* Must have established experience teaching (resume). Auditions/demos are required.

Hiring and Auditions:

Before being hired and placed on the schedule, potential candidate for the group fitness instructor position must successfully complete an in-person interview and demo for the class(es) desired. During the demo, the Fitness instructors will be evaluated on cueing, attitude, vocal tonality, eye contact, clear explanation of body alignment and routine. You must provide certification documentation and present a demo for each different class you wish to teach, even if you currently teach at the Student Recreation Center.