

# Group Fitness Instructor

**Job Summary:** Campus Recreation Group Fitness Instructors will design and implement safe and effective group fitness classes to students, faculty and staff. Instructors will assist participants with equipment set up and provide a motivating and enjoyable environment for participants.

## Requirements:

- Must maintain a cumulative 2.0 GPA.
- Commit to at least two classes per week for entire semester
- Must be available to work 3-5 hours per week
- Must have an energetic, motivating, and creative personality
- Must demonstrate an understanding of strength training and cardiovascular exercise techniques and have knowledge of basic anatomy and physiology
- Must practice and promote healthy lifestyle behaviors and possess knowledge of current fitness industry standards and trends
- CPR/AED/First Aid certification required within 60 days of employment

## Responsibilities:

- Arrive to class 10 minutes early and prepared to teach and stay 5 minutes after class to answer participant questions
- In order to begin a class, you must have 3 participants. Continual class cancellations due to low participation may result in dropping the class halfway through the semester
- Welcome and greet participants warmly and enthusiastically, maintaining an inviting and motivating atmosphere and promoting member retention
- Teach safe and effective group exercise classes to a variety of fitness levels, using appropriate music and choreography
- Constant supervision of entire class by circulating throughout class or being aware of every participant
- Educate participants about proper form, techniques, anatomy, and modifications
- Recognize improper form and technique and be able to correct
- Assist with maintenance of exercise equipment (sound system, steps, weights, resistance bands, balls, etc.).
- Enforce all Health & Fitness Center policies to participants
- Track attendance for each class
- Assist in promoting other fitness and wellness related programming
- Working special events and promotional opportunities that may take place on evenings, weekends, and across campus
- Attend and actively participate in all mandatory staff meetings and training sessions
- Maintain certifications as required
- Accept and perform other duties as assigned
- Demonstrate leadership, communication and customer service skills, and the ability to work with staff, students and members of a diverse background
- The ability to use mature judgment in an emergency