

Group Fitness Instructor

Job Description

Group Fitness Instructors are responsible for leading group fitness classes that range in variety and fitness levels.

Responsibilities

- Plan and provide instruction for a variety of fitness classes.
- Tailor classes to the participants, paying attention to patrons' age, fitness levels, and any injuries or health concerns.
- Ensure participant safety by monitoring techniques and equipment usage.
- Foster an inclusive environment for patrons.
- Input hours worked in payroll system.
- Responsible for arranging substitute instructor as needed (coordinate with Operations Director.)
- Maintain group fitness instructor certification(s) including at least 4 continuing education credit courses annually.

Qualifications

- **Land-based Classes:** Group Fitness Instructor or Personal Fitness Trainer certification from a recognized certifying agency (ACE, NASM, WITS, AFAA, ISSA, ASFA, YMCA) or equivalent
- **Aqua Fitness classes:** AEA or WaterArt Aquatic Fitness Instructor, ATRI certification or equivalent
- Alternatively, a degree in a fitness field (Kinesiology, Exercise Science, Fitness, Health & Wellness)
- Where necessary: certification in the class format to be taught (Silver Sneakers, Zumba, Barre, etc.)
- Current CPR/AED/1st Aid certification. Can obtain ARC CPR for the Professional Rescuer (CPRO) certification within 6 months of hire.

Responsible To

Operations Director

Job Conditions

Part-time hourly. May include evenings and weekends.

Wages

\$25 - \$27 per hour

