

FITNESS INSTRUCTOR
PART TIME, TEMPORARY

DEFINITION

To perform a variety of duties related to teaching and instructing high intensity physical fitness classes.

EXAMPLES OF ESSENTIAL DUTIES – Duties may include, but are not limited to, the following:

Supervise, coordinate and lead fitness exercise classes.

Assist in planning, promoting, conducting and evaluating recreation programs and activities.

Interact and stimulate interest while conducting, demonstrating and supervising program activities such as aerobic, non-aerobic and strength training activities or water fitness program activities for groups and/or individuals.

Inspect assigned recreation facilities and/or equipment and recommend any necessary repair or maintenance work and supply needs.

Set up facility as needed for assigned program activity.

Complete records and reports as required.

Promote and enforce safety procedures; render first aid and CPR, if certified, as required.

Build and maintain positive working relationships with co-workers, other City employees, and the public using principles of good customer service.

Perform related duties as assigned.

MINIMUM QUALIFICATIONS

Knowledge of:

Principles and practices of physical fitness, aerobic exercise and personal training.

Practices and methods of public relations and customer service; techniques and principles of effective interpersonal communication.

Methods and principles in instructing individuals or groups of children, teens, or adults.

Principles and techniques of first aid and CPR respiration.

Principles and practices of safety management.

Ability to:

On a continuous basis, know and understand operations and observe safety rules; stand, bend, stoop, kneel as necessary to instruct a high intensity physical fitness class.

Intermittently interpret policies and procedures, and explain operations and problem solve issues for the public and with staff; lift or carry weight of 45 pounds or less.

Lead and motivate large group classes.

Respond to emergency situations in a calm and effective manner; administer first aid and CPR, if certified.

Understand and carry out written and oral directions.

Communicate tactfully with customers.

Communicate effectively and concisely, both orally and in writing.

Establish and maintain effective working relationships with those contacted in the course of work.

Experience and Training

Experience:

Six months of experience as an instructor in group exercise or personal training, preferred.

Training:

Equivalent to completion of the twelfth (12th) grade, GED, or higher level degree.

License or Certificate

Possession of CPR and First Aid certificates within six months of hire.

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Possession of a national certification from an accredited fitness association such as ACE, AFAA, or AEA in group exercise or personal training within six months of hire. Or a Bachelor's degree with emphasis in exercise-related studies.

02-13-18

07-04-09

Fitness Instructor

Class Instructor