

## POSITION OPENING PRIMARY CERTIFIED FITNESS INSTRUCTOR

**SPECIAL WORKING CONDITIONS**: Non-seasonal, part-time, non-benefitted staff.

**SALARY RANGE:** \$19 - \$22 per class, DOE; all part-time employees receive a free premium family membership with employment.

## **QUALIFICATIONS:**

- 1. Must be at least 18 years of age.
- 2. Current Group Fitness or Personal Trainer Certification from ACE, AFAA, NASM, or ACSM required. Specialty certifications not accepted as minimum requirement for position (I.e. High Fitness Yoga, Pilates, etc.).
- 3. Current American Red Cross or American Heart Association CPR/First-Aid/AED certification.
- 4. Approved Criminal Background Investigation check if over 18 years of age.
- 5. Previous experience in group fitness instruction preferred.

**POSITION PURPOSE:** 

The group fitness instructor is responsible for planning, preparing, and instructing group fitness classes under the assigned format. The group instructor should effectively communicate exercises to participants while following established safety protocols, as well as ensure that participants are safely participating at their personal fitness level.

## **BASIC DUTIES:**

- 1. Teach weekly classes as assigned.
- 2. Set-up and take-down of equipment before and after each assigned class.
- 3. Demonstrate proper exercise form and techniques.
- 4. Offer modifications for different fitness levels/abilities.
- 5. Follow department guidelines as instructed in the department handbook.
- **6.** Maintain a professional appearance and attitude while teaching classes and communicating with patrons.
- 7. Prioritize safety at all times.
- 8. Prioritize and attend all staff meetings and assigned training.
- 9. Collaboration and communication with the group fitness coordinator.

RESUMES CAN BE SENT TO BONNIE HARRIS bonnie@cottonwoodheights.com
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