

Job Posting
FITNESS INSTRUCTOR
Part-Time Position

Department: Recreation and Parks	Pay Grade: not applicable
Reports To: Program Supervisor	Hiring Salary Range: \$10 - \$17.00 per hour
FLSA: Contracted Service	Deadline to Apply: October 4, 2019

General Statement of Duties

Under direct supervision of the Recreation and Parks Department, provides group fitness instruction, monitors, and educates patrons on fitness and safety, and maintains a safe and enjoyable atmosphere for class participants.

Duties and Responsibilities

- Teaches scheduled classes, beginning and ending on time; provides adequate warm-up, exercises, stretching, and cool down.
- Instructs patrons on effective workout methods; explains proper techniques, demonstrates exercises; identifies different muscle groups, and teaches appropriate methods to strengthen specific muscles.
- Prepares appropriate equipment, music, and handouts for each class.
- Assists patrons, answers questions, and maintains a positive exercise experience for members and class participants.
- Keeps management informed of customer and facility needs.
- Ensures that safety standards are met, and that department and facility policies are adhered to.
- Performs related tasks as required.

Knowledge, Skills, and Abilities

- Working knowledge of human anatomy, kinesiology and training principles.
- Knowledge of group fitness teaching strategies and the incorporation of music, tempo, cueing technique, and rhythm.
- Choreography and music skills.
- Ability to be professional and motivate class participants.
- Ability to cooperate and work well with other staff members.

Physical Requirements

- While performing the duties of this job, the employee is frequently required to walk, stand, sit and talk or hear. The employee is occasionally required to use hands to finger, handle, feel or operate objects, tools, or controls; and reach with hands and arms. The employee is occasionally required to climb or balance; stoop, kneel, crouch, or crawl.
- The employee must frequently lift and/or move up to 25 pounds, and occasionally must aide or assist participants. Specific vision abilities required by this job include close vision, color vision, and the ability to adjust focus.
- The employee must have a high degree of energy and have the endurance to complete the workout.

Desirable Education and Experience

- Must be at least twenty-one (21) years of age and have a high school diploma or GED.
- Basic first aid certification is preferred.
- Certified Instructor (ACE, AFAA) or equivalent. Additional specialty/certifications preferred.
- Applicant must positively pass pre-employment drug screen, physical examination and background check.

Special Requirements

Possession of a valid North Carolina driver's license is preferred.