



Job Title: **Fitness Instructor**
Category: Variable Hour Part-time
Shift: Varies Including Nights and Weekends
FLSA Status: Non-Exempt
Pay Range: \$18.00 – \$20.50 Hourly

Created or Revised Date: 12/10/2021

SUMMARY:

Under general supervision of the Fitness and Wellness Coordinator, the Fitness Instructor is responsible for preparation and planning of fitness classes. Instructs various levels and types of group fitness classes and provides information relevant to proper use of equipment, class structure and member wellness.

ESSENTIAL FUNCTIONS OF THE JOB:

- Instruct and lead group fitness classes under the direction and guidance of the Fitness and Wellness Coordinator.
- Maintains interest and participation in Recreation District fitness and wellness programs by conducting classes that are fun, safe and innovative.
- Maintains applicable education to maintain certifications. Certifications must be renewed prior to certification expiration dates.
- Encourages member recruitment and participation by educating our prospective and current members about classes and upcoming events.
- Works closely with the Fitness and Wellness Coordinator to introduce new and exciting class options to our participants.
- Is respectful of customer diversity and abilities.
- Uses practical and current knowledge and skills to guide and teach participants in fitness settings.
- Communicates and enforces facility and class policies and procedures. Communicates openly and effectively with supervisors, co-workers, staff, participants, parent, volunteers, and other community members
- Provides excellent customer service, including interacting with participants and/or parents to answer questions and resolve problems.
- Must be able to maintain a calm composure when working with angry or upset customers.
- Reports any issues or concerns to the Fitness and Wellness Coordinator.
- Responsible for finding a dependable, appropriate substitute for classes upon their absence.
- Help maintain all fitness equipment, not limited to group fitness. Includes stereo and microphone.
- Identify and/or recommend maintenance, improvement, or repair of facility equipment, property, and operational procedures to ensure safety, efficiency, and fiscal responsibility
- Take proper safety precautions, anticipate unsafe circumstances, and act accordingly to help prevent accidents
- Perform additional assigned duties as required

Required Qualifications:

- Must be CPR/ AED and First Aid Certified within 60 days of hire, have and maintain a group fitness/exercise certification through ISSA, ACE, NETA, AFAA, NASM or similar certification through a nationally accredited organization.

Preferred Qualifications:

- Possess certification or become certified to instruct SilverSneakers®, Yoga, Pilates, Zumba®, Cycling, Les Mills programming to include BODYPUMP™, GRIT™ and/or CORE™.

Core Competencies:

To perform the job successfully, an individual should demonstrate the following Districtwide competencies: Problem solving, customer service, written and oral communication, managing people, initiative, professionalism, punctuality, safety, teamwork, planning/organizing, and interpersonal skills.

PHYSICAL DEMANDS, JOB LOCATION AND EQUIPMENT UTILIZED:

- The noise level in the environment is moderate to loud
- May require indoor and outdoor activities and exposure to the elements
- Occasional travel by automobile is required to attend professional meetings and workshops or to reach a recreation activity site located away from the Recreation Center or The Studio.
- While performing the duties of this job, the employee is frequently required to stand, walk, sit, talk or hear, use hands to hold, handle, or feel objects, tools, or controls, stoop, kneel, crouch, or crawl, and reach with hands and arms.
- This position requires a high level of physical ability including standing for long periods, bending, reaching, lifting, jumping, walking, stretching, etc. Works with various fitness equipment such as weights, spin bikes, fitness balls, mats, etc.
- Specific vision abilities required by this job include close vision, distance vision and peripheral vision.

Reasonable Accommodation:

Carbon Valley Parks & Recreation District will reasonably accommodate qualified individuals with a disability so that they can perform the essential functions of a job unless doing so causes a direct threat to these individuals or others in the workplace and the threat cannot be eliminated by reasonable accommodation or if the accommodation creates an undue hardship to the District.

Job Description Function and Intent:

The job functions and duties on the job description are not all-inclusive and additional functions and requirements may be assigned as necessary. Job descriptions are not intended as and do not create employment contracts. The company maintains its at-will employer status.

Note: Applicants must, as a condition of employment, pass the following pre-offer and post-offer/hire processes: Interview, reference checks, background checks that may include, local police check and, driving check through DMV.