



Group Fitness Instructor

Rate of pay: \$\$8.50 - \$15.00

Job Description:

To provide fitness instruction to a group of people desiring a program catering to everyone that is participating.

Job Responsibilities:

- Prepare appropriate warm-up, exercises, stretching, and cool down techniques for the specific class format being taught
- Effectively explain and demonstrate proper exercise techniques, as well as modifications for different level participants
- Identify different muscle groups and teach appropriate methods to strengthen and stretch specific muscles
- Teach according to class goals
- Present a neat, well-groomed, professional appearance
- Arrive for classes in enough time to prepare and start the class on time (no later than 5 minutes before)
- End classes on time
- Use appropriate music for the audience and class format, taking language and beats per minute into consideration
- Maintain cleanliness of the group exercise rooms, making sure all equipment is neatly put away at the end of each class
- Teach all assigned classes unless granted permission to secure a substitute by the Fitness Program Assistant
- Ensure that if you cannot teach your class, you have confirmed a substitute via When2Work
- Write down the counts for both male and female on the count sheet at the end of every class
- Execute emergency procedures when necessary
- Report any incident of injury, theft, or broken equipment to the Facility Manager on duty
- Attend scheduled staff meetings and trainings
- Communicate effectively with the Fitness Program Assistant and fellow peers

Minimum Qualifications:

- FGCU enrolled student
- Positive attitude and desire to assist customers
- Ability to self-motivate with little or no supervision
- Effective verbal and written communication skills
- Capability to withstand possible continuous standing

Certification Requirement

- CPR/AED for the Professional Rescuer and Standard First Aid (American Red Cross –preferred). Certification must be obtained within 30 days of hire.
- Possess a current personal training certification from a nationally recognized certifying body (AFAA, ACE, ACSM, NASM, or NSCA/CSCS preferred).*