Position Description

TITLE: Student Worker, Group Fitness Instructor

RESPONSIBILITIES:
Instructors will be responsible for leading multiple group fitness classes that range in variety and levels. This includes counting, cueing, organizing choreography, and planning playlists ahead of class time. This is a part-time position paid on an hourly basis. Duties include, but are not limited to, the following responsibilities:

- Interact with participants ensuring that they have a positive, safe experience.
- Develop fun and varying class plans.
- Promote knowledge of proper fitness components (i.e. warmup, aerobic exercise, strength exercise, flexibility, cool down, etc.).
- Develop safe workouts for participants, considering different fitness levels and proper form.
- Provide modifications and progressions throughout classes to ensure all fitness levels receive a full and appropriate workout.
- Provide pre-set playlists of appropriate music, that is not overly suggestive or contains foul/discriminatory language.
- Start and end classes on time.
- Ensure all equipment is put away, rooms are clean and participant’s questions are answered after the class.
- Communicate any equipment or sound system issues to professional staff.
- Attend mandatory staff meetings and trainings.
- Remain current with all group fitness and specialty format certifications through continuing education.
- Submit up-to-date documentation of all certifications to professional staff.
- Remain knowledgeable of Campus Recreation policies, programs, and services.
- Uphold Campus Recreation’s mission, vision and values and represent department in a professional manner.
- Other duties as assigned.

MINIMUM QUALIFICATIONS:
To be considered for this position you must meet the following requirements:

- Is at least 16 years of age
- Hold a primary group fitness certification from a nationally accredited organization.
- If teaching a specialty format (i.e. Zumba, YogaFit, Spinning, PiYo, Barre, Pilates), hold a current certification in that format.

ADDITIONAL QUALIFICATIONS CONSIDERED:
- Ability to teach multiple positions
- Previous instructing experience, preferably in a university setting

AVAILABILITY:
Flexible scheduling – need to be available during days, nights, and weekends

LOCATION:
Main Campus – Campus Recreation Center
East Campus – Fitness Center at CARE/Crawley

SALARY:
Hourly Rate - $10.50 - $12.00/hr