

Group Exercise Instructor

Job Summary: Campus Recreation Group Exercise Instructor will design and teach safe and effective group exercise classes to faculty/staff, students, and members. Instructors will assist participants with equipment set up and create a fun and safe environment.

Requirments:

- Must maintain a cumulative 2.0 GPA.
- Commit to at least one class per week for entire semester.
- Must be available to work 3-5 hours per week.
- CPR/AED, Bloodborne Pathogens required within three months of employment, with Standard First Aid is highly suggested.
- Must obtain a Longwood Campus Recreation Group Exercise Instructor certification.
- Must train and/or co-teach class prior to independently teaching.

Responsibilities:

- Arrive to class early and prepared to teach and stay after class to answer participants' questions.
- Verify participants' group exercise passes.
- Welcome and greet participants warmly and enthusiastically, maintaining an inviting and motivating atmosphere and promoting member retention.
- Teach safe and effective group exercise classes to a variety of fitness levels, using appropriate music and choreography.
- Constant supervision of entire class by circulating throughout class or being aware of every participant.
- Educate participants of proper form, techniques, anatomy, and modifications.
- Assist with maintenance of exercise equipment (sound system, steps, weights, resistance bands, balls, etc.).
- Enforce all Health & Fitness Center policies to participants.
- Track attendance for each class.
- Assist in promoting other fitness and wellness programming in each class.
- Attend and actively participate in all mandatory staff meetings and training sessions.
- Maintain certifications as required.
- Other duties as assigned.
- Must demonstrate leadership, communication and customer service skills, and the ability to work with staff, students and members of a diverse background.
- Must have an energetic, motivating, and creative personality.
- Must demonstrate an understanding of strength training and cardiovascular exercise.
- Must have knowledge of basic anatomy and physiology.
- Must have/maintain knowledge of current industry standards and trends.
- Must practice and promote healthy lifestyle behaviors.
- The ability to use mature judgment in an emergency.

