



# GROUP FITNESS INSTRUCTOR

## Job Summary and Employee Expectations

Group Fitness Instructors are responsible for the planning and execution of safe, fun and effective fitness classes ranging in length from 30 minutes to one hour. Classes are intended to reach a diverse audience and cater to all participants needs in hopes of bringing them closer to their fitness and wellness goals. Instructors are expected to teach a minimum of two classes per week and attend mandatory staff meetings, along with optional format trainings. **Group Fitness Instructors must obtain lay responder or higher CPR, AED, and First-Aid certifications within 30 days of hire and a nationally accredited group fitness certification within their first semester of teaching.**



## Job Responsibilities

- Group Fitness Instructors are expected to go through one of our in-house training programs, or have the opportunity to audition if they already hold a certification
- Available to teach at least two classes per week
- Consistently uphold all Campus Recreation department policies and procedures for participants and maintain employee expectations
- Personal characteristics including: positive attitude, outgoing personality, independence, and strong work ethic
- Respond to emergencies and assist Recreation Supervisor or Recreation Specialist to implement emergency action plans
- Demonstrate commitment to excellence, service, and professional appearance standards
- Attend all staff trainings, meetings, in-services, and classes as scheduled
- Study class materials prior to teaching and lead safe and effective classes while upholding F45 franchise standards
- Strive to obtain personal, professional, and departmental goals
- Check e-mail daily for departmental and job specific updates and will respond in a timely manner
- Other duties as assigned