DEPARTMENT:  CAMPUS RECREATION

JOB TITLE:  Group Exercise Instructor

REPORTS TO:  Fitness Programs Coordinator

**Group Exercise Responsibilities**

Group Exercise Instructors lead a group of participants through a series of movements and exercises using music as the basis of rhythmic exercise.

Group Exercise Instructors can lead many forms of fitness activities from Step Aerobics, to cardio kickboxing, yoga, Pilates, cycling, and many more. Generally, classes are structured with a warm-up, work section, and cool down and some cardio based classes may include a strength element. Group Exercise workouts are accomplished with the instructor leading the class by doing the workout along with the participants who follow her/his lead. New instructors may need to audition then will be paired with an experienced instructor to gain practical skills and planned experiences in leading a class before being assigned his/her own class.

**Expectations**

- Group Exercise Instructors are required to achieve and maintain certifications while leading instructional sessions. This includes but is not limited to: Adult CPR plus AED.
- Certification from a nationally recognized organization for the following sessions: Yoga, cardio kickboxing, cycling, Zumba, and PiYo.

**Group Exercise Instructors will be trained and provided with the means to succeed at their job. After an appropriate matter of time (as determined by the Fitness Coordinator) a Group Exercise Instructor must have:**

- Demonstrated leadership capabilities and adaptability at the front of a class making each session fun and enjoyable while motivating participants.
- Demonstrated the ability to move rhythmically to the beat of the music including the ability to incorporate optimal usage of cueing, tempo, choreography, and safe transitional movements from one pattern to another.
- Organizational skills in creating combinations to be taught within the parameters of the format.
- Working knowledge of human anatomy, kinesiology and training principles.
- A highly sufficient degree of energy, and have the endurance to complete each fitness class. It is recommended that instructors workout one additional time over and above
their regular schedule of Group Exercise classes in order to maintain proper endurance and energy for their role.

**Group Exercise Instructors will also be required to know and execute general procedures associated with Group Exercise Educational Sessions. This includes, but not limited to:**

- Arrive early to each fitness session, at least 10 minutes before the start time of a session to prep, set-up, and greet participants.
- Meet participants before and after class to answer questions and maintain a positive exercise experience.
- Record attendance numbers for every class.
- Communication with the supervisor when unsafe conditions occur or reporting equipment in need of repair.
- Attendance at all required staff meetings and trainings.
- Ability to cooperate and work well with other staff members subbing whenever possible and assisting with special events as needed.
- As an instructor, you are expected to check your email on regular basis, this will be the main method of contact. You will be update via email of instructor meetings, program procedures and upcoming events.
- Instructors must wear the provided Campus Recreation Fitness uniform to all classes.
- Attend mandatory meeting once a month to discuss upcoming events and any other relevant subjects. You must notify me if for some reason you can’t attend the meeting.
- If at any time an instructor has a problem with a co-worker or anything pertaining to the Fitness Program, said instructor is expected to come to the Fitness Coordinator.