

Group Exercise Instructor **Position Description**

Title: Group Exercise Instructor

Reports To: Fitness Program Assistant and Fitness Coordinator

Primary Function:

Group Fitness Instructors are primarily responsible for conducting effective group fitness classes, educating patrons on basic fitness knowledge, and maintaining a safe and enjoyable workout environment for class participants.

Requirements:

- Must possess a current group exercise or specialty certification from a nationally recognized certifying body (i.e. AFAA, ACE, ACSM, NETA, Mad Dogg Spinning, etc.)*
- Must maintain current American Red Cross CPR/AED and First Aid for the Professional Rescuer certifications
- Demonstrate the values of FGCU Campus Recreation
- Team oriented ideals, willingness to work hard, and a desire to learn
- Effective communication and organizational skills

Major Job Responsibilities/Expectations:

- 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 Group Exercise Program Assistant
- Ensure that both you and your class substitute email the Lead to confirm that the given class will be covered
- 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 Coordinator, Fitness Program Assistant, and fellow peers