

Group Fitness Instructor

Campus Recreation's mission is to create an inclusive environment that inspires movement and community. In addition to offering an award-winning fitness facility, we strive to be a place where members can connect with one another in a safe and positive environment.

Campus Recreation includes three fitness spaces: Campus Recreation Center, the Fitness Center at CARE/Crawley, and the Siddall Fitness Center. Our three facilities offer many ways for members to get active – from cardio and weight equipment, to group fitness, swimming pools, a climbing wall and more. We look for teammates who uphold the same values as we do: teamwork, educating, problem-solving, curiosity, and fun.

Connect. Energize. Thrive. Explore Campus Recreation.

Job Title and Overview

Student Worker, Group Fitness Instructor

Group Fitness 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:

Essential Job Functions

- Arriving *at least 10 minutes prior* to the session to prepare music, set up equipment, and greet participants.
- Interact with participants ensuring that they have a positive, safe experience.
- 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 participants' 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.
- Other duties as assigned

Minimum Qualifications

- 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, Cycle, Barre, Pilates, etc.), hold a current certification in that format.

Additional Qualifications Considered

- Ability to teach multiple formats or positions
- Previous instructing experience, preferably in a university setting

Additional Information

- Campus Recreation provides additional development opportunities for staff beyond job duties including the possibility to attend varying conferences at state, regional, and national levels as well as inner-departmental committee opportunities through our student-led organization, Recreational Development & Leadership (RDL).
- This position may require early mornings, late nights, weekends and holidays.
- Previous instructing experience, preferably in a university setting.
- 2-7 hours/week
- Skills acquired include:
 - Communication
 - Problem solving
 - Active listening
 - Program development
 - Working with diverse populations

Physical Requirements/Work Environment

- Standing – often
- Talking – often
- Walking – often
- Bending – often
- Pulling, pushing – often
- Ability to lift 15lb or more frequently

Compensation and Benefits

- \$13 - \$18/hour
 - Based on certification and level of experience
- 20% discount of programs and services (excluding Pro Shop)