

POSITION DESCRIPTION

TITLE: Group Fitness Instructor – (Part-Time, Contingent)

Collective Bargaining - Ineligible - Contingent
Contingent positions are not eligible to participate in collective bargaining.

JOB SUMMARY:

The part-time Group Fitness Instructor is responsible teaching group fitness classes in the Michael P. O'Brien Athletics and Recreation Center. Duties for this position include teaching land or water-based group exercise classes. This position reports to the Director of the Michael P. O'Brien Athletics and Recreation Center.

ESSENTIAL DUTIES AND RESPONSIBILITIES:

(Note: These examples are intended only as illustrations of the various types of work performed in positions allocated to this class. The omission of specific statements of duties does not exclude them from the position if work is similar, related, or a logical assignment to the position.)

- Responsible for following the policies and procedures as defined in the employee handbook.
- Teaching land or water-based group exercise classes in a safe and effective manner for all skill levels.
- Provides an area for safe and healthy workouts.
- Assists with special events and workshops related to the group exercise area.
- Provides an itinerary to the Director of the Michael P. O'Brien Athletics and Recreation Center prior to the start of class.
- Assists in promoting the class and group fitness as a whole to the campus community.
- Communicates, cooperates and assists the athletic and institutional staff with the daily management of the sport program.

MINIMUM QUALIFICATIONS:

- Education: Current instructor certification from ACE, ACSM, AFAA, NDEITA or other nationally recognized group exercise certification preferred.
- Certified in First Aid and CPR/AED b American Red Cross or equivalent organization.
- Responsible for providing a safe and healthy workout environment.
- Ability to lift at least thirty (30) pounds.
- Any combination of acceptable education and experience, which has provided the necessary knowledge and skills to fulfill the requirements of this position, may be considered.