

## Group Fitness Instructor Position Description

### Purpose

Group fitness instructors will lead members, in a group environment, through safe and effective fitness classes for Campus Recreational Services. This position is responsible for providing group exercise fitness instruction and supervision in variety of formats. Candidates must be able to instruct multiple fitness levels and ensure the safety of all patrons in the class. This person will enforce all building policies pertaining to group exercise and be able to communicate these to a diverse group of patrons why policies are in place. The instructor will serve as a resource to educate members on various aspects of fitness and wellness, and are responsible in ensuring that safety of the members is not compromised. A group fitness instructor will act as a role model and resource for all patrons and staff.

### Required Qualifications

- Must have completed level 1 Fit Training Course OR
- Must have a current nationally recognized fitness certification in Group Fitness

### Minimum Qualifications

- Current CPR/AED and First Aid Certifications Required (upon one semester of hire date)
- Must be available to work a minimum of 5-15 hours per week.
- Minimum GPA requirements: Semester GPA: 2.0 Cumulative GPA: 2.25

### Preferred Qualifications

- Interest or Field of study related to health and fitness.
- Full time/Part time student

### Duties and Responsibilities include, but are not limited to:

- Instruct a variety of group exercise classes.
- Knowledge of fitness equipment and exercises.
- Provide patrons with a detailed individualized workout program based on their fitness results.
- Act in a professional manner by upholding SRWC policy when involved in conflict management with patrons, students and staff.
- Attend all monthly mandatory meetings and semester trainings.
- Arriving to class 15 minutes early to prepare and set up.
- Communication to Building Managers and Pro Staff about cancelled or postponed classes.
- Maintaining cleanliness and tidiness of the room and equipment.
- Actively marketing and promoting other group fitness classes and programs.
- Provide mentorship and instruction during fit training.

### Staff Development:

- Maintain a standard of performance on daily tasks.
- Build relationships with patrons and participants.
- Attend regularly scheduled departmental meetings for all areas necessary.
- Maintain communication with other Campus Recreational Services Team members regarding positive recognition, performance reviews, substitution, and schedule conflicts.

- Communicate clear and concise information as needed to patrons, students, and emergency medical service personnel and police services.
- Continuing education through trainings and offered certification courses.
- Practice peer education to develop student staff growth and success.
- Adhere to all SRWC guidelines and non-negotiable.

### **Criteria for Success**

Group Fitness Instructor will be evaluated on their performance each semester. The staff evaluation process consists of a self-evaluation, peer evaluation, and supervisor evaluation. The staff evaluation measures the following objectives:

- Ability to display a positive attitude for all patrons and CRS staff.
- Ability to be effective in oral and written communication.
- Ability to establish meaningful relationships.
- Ability to plan and organize to overcome obstacles.
- Ability to prioritize tasks, manage time and balance professional and personal commitments.
- Ability to follow policies and procedure, arrive prepared and on time for work and consistently demonstrate service excellence.
- Ability to maintain personal wellness in making lifelong healthy choices and continuing to learn to meet ones physical, nutritional and emotional needs.
- Ability to assess a situation and make well informed decisions independently.
- Ability to positively promote UNLV and CRS to peers/patrons and take initiative to be involved throughout campus.
- Ability to understand and appreciate human differences including race, ethnicity, ability, religion, age, class, educational level, size appearance. Language and marital status.
- Ability to modify exercises and techniques for all fitness levels in the class.

### **Transferable Skills**

- |                                 |                                    |
|---------------------------------|------------------------------------|
| • Teaching a group of patrons   | • Policy Enforcement               |
| • Patron Supervision            | • First Aid/CPR/Responder          |
| • Oral and Communication Skills | • Public Speaking/Presenting       |
| • Customer Service              | • Time Management                  |
| • Multi-Tasking                 | • Working with Diverse Populations |

**Pay Rate: Based off certifications per hour**

**Minimum Hours: 5-15 hour per week**