



## **Group Exercise Instructor Job Description**

Group Exercise Instructors are responsible for soliciting, promoting, and teaching our group aerobics classes for the park district. Qualified candidates are individuals who have a passion for group exercise instruction and for establishing and cultivating new relationships. This is a part-time position starting at \$30.00 per hour.

### **Perks for Group Exercise Instructors:**

- Free membership to the South Barrington Club and Fitness Center!
- Refer a friend and receive **\$ MONEY \$!**
- Discounts on all Café and Pro Shop items!

### **Responsibilities for Group Exercise Instructors:**

- Prepare and instruct group exercise classes.
- Establish a good working relationship with the participants.
- Help organize and administrate group exercise classes.
- Enforce Park District policies and procedures.
- Help promote existing and new group exercise fitness programs.
- Assist with group exercise special events as needed.
- Perform special projects and other administrative duties as required or assigned by the Fitness Supervisor.
- Always represent the District and Club in a professional manner.
- Follow rules and procedures as outlined in the Service Policy and Employee Handbook.
- All other job duties as assigned by Supervisor.

### **Qualifications for Group Exercise Instructors:**

- Thorough knowledge of the techniques of group exercise programming and instruction
- Ability to work with minimal supervision, to solve problems comprehensively and to produce accurate work on a timely basis
- Ability to perform required duties with initiative, good judgement, accuracy, persistence, creativity, integrity, tact and courtesy.

### **Education and Experience for Group Exercise Instructors:**

- High school diploma or GED.
- Hold a current CPR/AED certification or obtain certification within 90 days of employment.
- Graduate of an accredited organization with a major in physical education, health, exercise or a field related to the responsibilities of the position is helpful but not required.
- A minimum of one year's experience in a fitness-related position or any equivalent combination of education, experience and training which provides the required knowledge, skills and abilities.
- Certified member of NASM, ACSM, AFAA, ACE, or equally accredited certification.