



Recreation Department

Group Exercise Instructor

Mayor Pamela Bobst

Reports To: Fitness Manager

Shift: Hours will vary – Seven (7) Days a Week

Salary: \$12.00 - \$28.00/hr

FLSA Status: Exempt

Position Overview:

Under the direct supervision of the Fitness Manager, the Group Exercise Instructor is responsible for the design and instruction of a safe, high-quality, effective and challenging group exercise class as determined by the class format and description. Instructors must be knowledgeable, professional, motivating, and member/participant focused. Proficient in and able to perform specific components of exercise program as they relate to the target participant group. Basic fitness equipment used, which include: dumbbells, exercise bands, fitness exercise balls, steps for aerobics, free weights. Basic office equipment may be utilized as well. The work is performed in a typical Recreation Center environment where the employee is exposed to people and the public in general. The noise level in the work environment is usually moderate to noisy. May be required to work outside and on occasion may encounter inclement weather.

Duties:

1. Instruction and Teachings

- Frequently and consistently execute multiple movement modifications, and repeatedly encourage members to modify movements and work at their own pace.*
- Monitor intensity, technique, proper form, and hydration throughout class. *
- Consistently utilize clear and easy to follow verbal and physical cues in advance of a movement change.
- Conduct classes in such a way as to encourage member/participant engagement and interaction.
- Execute skills in class, explain them clearly to class members, and work at skill level intensity level appropriate for the particular class. Instructors are to emphasize the members' workouts, not their own.
- Maintain professional image through proper dress behavior and attitude.

2. Organization

- Design classes that adhere to the designated format and are constructed to be appropriate for the participants' abilities. *
- Begin and end class on time. Be available in the classroom with proper music and all equipment set up and ready no less than 5 minutes before class is to begin.*
- Plan in advance the specific composition/choreography of each class, consistently changing music and routines.
- Ensure that the class attendance of each member is accurately recorded in the designated manner.
- Be responsible for the safety of all participants; knows emergency procedures and the location and proper use of emergency equipment.
- Find a certified and competent substitute instructor if unable to teach assigned class. Notify supervisor of substitute coverage. Maintain a clean and orderly work environment

3. Miscellaneous

- Leave program area in a safe "closed-down" manner with all equipment and materials neatly returned to their proper places.
- Notify supervisor of any problems relating to the class, including program outcomes, impact, tracking, equipment, member/participant service. Notify supervisor of any faulty equipment or unsafe conditions.
- Actively promote Rocky River Recreational programs and special events.
- Maintain professional image through proper dress behavior and attitude.
- Other duties as assigned by supervisor.

*Denotes essential function of the job

Minimum Qualifications:

This position requires current certification in CPR/AED for adults, children, and infants, as well as First Aid.* Must possess current certification (if available) and/or documentation of training in the specific class format that he/she is teaching and must maintain these endorsements. High school diploma or GED required, college or advanced course work preferred. Possess general knowledge of body mechanics, exercise physiology, anatomy, and nutrition.

Position will be posted until filled. Applications may be obtained at

http://s804876413.onlinehome.us/hr_docs/employment_application.pdf or at Rocky River City Hall.

Submit completed application, cover letter and resume, Monday - Friday, 8:30 a.m. to 4:30 p.m. at:

**Michael T. Greco, Director
Human Resources Department
City of Rocky River
21012 Hilliard Boulevard
Rocky River, OH 44116**

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