



We're Hiring!

FITNESS INSTRUCTORS

Responsibilities

The candidate will lead a group of participants through a series of movements and exercises using music as the basis of rhythmic exercise. This includes, but not limited to conducting safe, effective, and enjoyable exercise classes by providing excellent leadership, up-to-date quality instruction, and high energy motivation. Forms may include, but are not limited to: Step Aerobics, Cardio Kickboxing, Yoga, Pilates, Cycling, Strength Training, Boot Camp, Dance, Intervals, etc.

Qualifications

Education: High School graduation or equivalent. Some college level coursework in Exercise Science, Exercise Physiology, Personal Training, Dance or a closely related field is preferred.

Experience: Prior experience in teaching and instructing Fitness, Dance, Strength Training, etc. is preferred.

Physical Requirements: This job requires the ability to perform the essential functions contained in this description. These include, but are not limited to, the following requirements: [Reasonable accommodations will be made for otherwise qualified applicants unable to fulfill one or more of these requirements]

- Knowledge of and ability to communicate exercise physiology principles as related to a well-rounded fitness program.
- Ability to develop routines with appropriate music and choreography
- Willingness to continue in-house training in order to improve teaching skills or expand current skill level.
- Ability to obtain and maintain Fitness or Group Fitness related Certification.
- Stooping, kneeling and crouching to perform physical activities associated with programs and classes.
- Ability to lift various objects, at times, weighing up to 25 lbs.
- Ability to stand for prolonged periods of time to monitor and evaluate the fitness activities of the participants.

