Group Exercise Instructor

Fitness, Wellness, and Recreation Department
Eccles HWAC, 10-33341

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Other Timesheet Designee(s): Traci Siriprathane, Director FWRD

SUMMARY JOB DESCRIPTION (SUMMARY STATEMENT OF THE JOB)

Group Exercise Instructors will be responsible for teaching fitness classes to members of the Dolores Doré Eccles Health, Wellness, and Athletic Center. Critical to this position, Group Exercise Instructors will incorporate knowledge and application of anatomy, kinesiology, exercise physiology, instructional techniques, and injury prevention. The background and interests on behalf of each Group Exercise Instructor will determine the type of classes one will teach.

1) Essential Job Duties and Responsibilities

- Create fun, creative, and professional environment for members
- Continue to gain and maintain knowledge in the fitness industry
- Respond to any emergency situations and provide the necessary care
- Note any working relationships
  - Group Exercise instructors are part of the FWRD Team which includes multiple student employee positions.

2) Qualifications Required/Preferred

- Certification from a Nationally recognized organization (i.e. ACE, AFAA, NASM, ACSM, AFAA)
- Excellent Customer Service
- Excellent Communication Skills both verbal and nonverbal
- Responsible and professional in nature
- Comprehensive understanding of programs offered through the Fitness, Wellness, and Recreation Department
- Positive and friendly spirit
- CPR/AED/First Aid certification is required 30 days of hire.