

**CITY OF MAULDIN**

**Position Description**

**GROUP FITNESS INSTRUCTOR**

**GENERAL PURPOSE**

Under direct supervision of the Mauldin Sports Center manager provides group fitness instruction, monitors, educates members on fitness and safety, and maintains a safe and enjoyable atmosphere for class participants.

**EXAMPLE OF DUTIES**

- Teaches scheduled classes, beginning and ending on time; provides adequate warm-up, exercises, stretching, and cool down.
- Instructs members on effective workout methods; explains proper techniques, demonstrates exercises; identifies different muscle groups, and teaches appropriate methods to strengthen specific muscles.
- Prepares appropriate equipment, music, and handouts for each class.
- Assists members, answers questions, and maintains a positive exercise experience for members and class participants.
- Keeps management informed of customer and facility needs.
- Ensures that safety standards are met, and that department and facility policies are adhered to.
- Performs related duties as required.

**MINIMUM QUALIFICATIONS**

***Education and Experience –***

- Must be at least 18 years of age.

***Special Requirements –***

- Must possess current Red Cross CPR certification.
- Must be a Certified Group Fitness Instructor with proof current certification (s)
- Must take continuing education courses when necessary.
- Additional specialty/certifications preferred.

***Necessary Knowledge, Skills, and Abilities –***

- Working knowledge of human anatomy, kinesiology and training principles. \*

- Knowledge of group fitness teaching strategies and the incorporation of music, tempo, cueing technique, and rhythm.
- Choreography and music skills.
- Ability to be professional and motivate class participants.
- Ability to cooperate and work well with other staff members.