



## **Job Description: Certified Group Fitness Instructor**

**Days:** Flexible

**Hours per week:** 1-5 hours

**Pay Rate:** \$14.00-\$30.00

### **Description**

Develop and lead group fitness classes that utilize safe and effective movements using standard exercise principles of warm up, aerobic conditioning, muscle conditioning, flexibility and cool down.

### **Responsibilities**

1. Provide a safe, efficient and fun group fitness class to a diverse group of physical capabilities
2. Arrive on time and come prepared (10-15 minutes prior to the start of class).
3. Attend all staff Kick-Off meetings
4. Tally attendance and record class in log for each class (es) (taught or cancelled).
5. Have your music cued and ready before class is scheduled to start.
6. Introduce yourself, the class and face the participants while you do the warm up.
7. Communicate any program announcements to participants at the end of class.
8. Ensure the safety and well-being of each participant is accounted for each class.

### **Requirements**

1. CPR, AED and Standard First Aid Certification
2. Hold a national group exercise certification (ACE, ACSM, AFAA, NETA)
3. Must be comfortable in front of groups and be able to motivate participants.
4. Must be able to sustain strength or aerobic activity for 45-90 minutes at various intensities
5. Ability to work with a diverse population and demonstrate an appreciation for individual capabilities
6. Excellent interpersonal communication and organizational skills



## **Benefits**

1. Opportunities for continuing education
2. Competitive pay
3. Transferable professional skills
4. Providing a valuable service to the Rice community
5. Leadership Role
6. Future employment references/recommendations