



Group Fitness Monitor

Department: University Recreation + Wellness (UREC), University of Arkansas - Fayetteville

Location: HPER

Position Description:

The Group Fitness Monitor is responsible for the supervision of the group fitness class at University Recreation + Wellness. The fitness monitor is also responsible for opening, closing, and securing the group fitness studios. They are to provide service and assistance to all fitness instructors. They are also responsible for the appropriate use and cleanliness of all equipment. Additionally, all fitness monitors are required to provide a welcoming, safe and enjoyable, service-oriented environment for participants at all times.

This position will develop UA Career-Ready skills such as Leveraging Technology, Critical Thinking, and Leadership.

Duties & Responsibilities:

Instruction and Participant Engagement - 40%

- Admit registered participants into classes and ensure they have completed a current waiver
- Consistently enforce studio rules, eliminate unsafe practices or equipment, and prioritize participant safety.
- Assist the instructor in communicating class expectations and help maintain a fun, energetic, and professional environment.
- Record and report accurate participant attendance data for each class session.
- Promote a welcoming atmosphere through strong communication skills and a positive attitude.

Safety and Risk Management - 30%

- Answer questions accurately, monitoring equipment and facility appearance, and taking action when safety concerns arise.
- Assist participants to ensure safe and proper equipment use.
- Identify and respond to risk management issues such as health emergencies, equipment failure, or unsafe participant behavior.
- Respond, report and document all injuries, accidents, and emergency situations promptly to appropriate supervisory staff.
- Conduct routine inspections of equipment and studio space to ensure safety standards are met.
- Prioritize the physical and emotional safety of all class participants at all times.

Professional Development and Leadership - 30%

Updated: July 2025

- Serve as a mentor to new instructors by modeling leadership, confidence, and organization.
- Stay informed about Group Fitness and University Recreation + Wellness policies to provide accurate information to participants.
- Maintain cleanliness and stay up to date on work schedules.

Minimum Qualifications:

- Current University of Arkansas student

Preferred Qualifications:

- Previous experience as a fitness instructor

Federal Work Study Requirement:

- Federal Work Study award preferred but not required.

Required License(s), Training, Certification(s), & Background Checks:

- Pediatric & Adult First Aid, CPR, and AED certification or be able to obtain certification within 40 days of hire (UREC will provide a certification opportunity, if needed)
- Background checks not required for undergraduate candidates

Physical Activities Associated with this Position:

The following physical activities are associated with the position and will be performed with or without an accommodation. All individuals are encouraged to apply.

- Medium work. Exerting up to 50 pounds of force occasionally, and/or up to 30 pounds of force frequently, and/or up to 10 pounds of force constantly to move objects.
 - Mopping, sweeping, scrubbing
 - Hearing, manipulating items, talking, walking- Constantly
 - Crouching, grasping, lifting, pulling, pushing, reaching, repetitive motion, standing, stooping- Frequently
 - Balancing, climbing, crawling, feeling, kneeling, sitting- Occasionally

Visual Acuity:

- Employee is required to have visual acuity to determine the accuracy, neatness, and thoroughness of the work assigned (i.e., custodial, general laborer, lab personnel, etc.) or to make general observations of facilities or structures (i.e., security guard)

Compensation & Benefits:

- \$11.00 - \$11.50
- Student Affairs Wage Scale: Category 1

Hours and Schedule:

- The position is designed to be a 1-8 hours per week in person commitment.
- Weekly work hours vary and may include morning, evening, and weekend.

Employment Timeline:

- This position hires on an as needed basis.
- This position is eligible for up to 4+ years of continuous employment upon satisfactory performance and continued academic enrollment.

Supervision: Assistant Director, Fitness

This job will provide experiences to develop the following UA Career-Ready Skills:

Critical Thinking| Leadership | Communication| Teamwork

- **Ability to Display Situational Awareness:** Ability to gather information, anticipate needs, prioritize issues and set achievable goals in the workplace.
- **Ability to inspire, Persuade, & Motivate:** Ability to use emotional intelligence and interpersonal skills through acknowledging others' needs, contributions, thoughts, and feelings with the goal of guiding and motivating others and improving the team's functioning and success.
- **Ability to Use Oral Communication:** Ability to effectively convey information and meaning through speech that is easy to understand, engaging and employs proper tone.
- **Ability to Build Relationships for Collaboration:** Ability to build strong positive work relationships with colleagues, supervisors and customers and demonstrate agility to accomplish common goals.

Application Instructions and Required Document:

- Please contact University Recreation + Wellness Fitness Team at Fitness@uark.edu, with additional questions about the position.
- Resume and cover letter

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