**Group Fitness Instructor**

**Position Description:**

Group fitness instructors will lead participants, in a group environment, through safe and effective fitness classes for University Recreation. This position is responsible for providing group exercise fitness instruction and supervision in variety of formats. Candidates must be able to instruct multiple fitness levels and ensure the safety of all patrons in the class. Group fitness instructors will enforce help all building policies pertaining to group exercise and be able to communicate these to a diverse group of patrons why policies are in place. The instructor will serve as a resource to help educate members on various aspects of fitness and wellness.

**Specific Responsibilities:**

* Maintain a certification by an accredited exercise organization.
* Maintain a CPR/First Aid/AED certification.
* Instruct high-quality exercise classes to University of Arkansas students and UREC members as scheduled.
* Correctly explain and demonstrate exercises and equipment; offer modifications for multiple skill levels.
* Monitor and assist participants utilizing the equipment. Instruct for proper equipment use and stop any unsafe actions.
* Knowledgeable about the Group Fitness program and refer participants to correct information about the University Recreation Department.
* Demonstrate strong communication skills and a positive attitude.
* Record participant counts for every class.
* Act as a mentor to incoming instructors. Display strong leadership and organizational skills, be confident and knowledgeable about your class, act in a professional manner while demonstrating a fun and energetic personality at all times.
* Prioritize the safety and wellbeing of all participants.
* Monitor the appearance and safety of equipment and take appropriate action when needed.
* Assess and properly respond to risk management issues including but not limited to health or facility emergencies, worn/broken equipment, injuries, accidents, or disruptive behavior.
* Report and document all emergency/injury situations to the supervisor/graduate assistant/assistant director.
* Attend all staff meetings and trainings.
* Other duties as assigned

**Minimum Qualifications:**

* Current University of Arkansas student
* Must possess 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)
* Maintain a certification by an accredited exercise organization.

**Required License(s), 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)
* Maintain a certification by an accredited exercise organization.

**Preferred Qualifications:**

**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.

* Spotting active lifting
* Balancing, crouching, grasping, hearing, kneeling, lifting, pulling, pushing, reaching, repetitive motion, standing, stooping, talking, walking- Constantly
* Climbing, crawling- Frequently
* Feeling, manipulating items, sitting- Occasionally
* 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.

**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)

**Skills Obtained:**

* Critical thinking/Problem solving
* Teamwork/Collaboration
* Written communication
* Verbal communication
* Leadership
* Analytical skills
* Initiative
* Flexibility/adaptability
* Interpersonal skills
* Responsibility, dependability, accountability
* Planning, organizing, prioritizing
* Customer service
* Influencing and/or selling to others
* Strong work ethic
* Creative thinking

**Work Schedule & Compensation:**

* 1-6 hours per week; variable schedule that may include morning, evening, weekend, and holiday shifts; $15/hour

**Supervision:** This position is supervised by the GA for Group Fitness and Asst. Director of Fitness Wellness in UREC.

**Application Process:** Applicants must apply through <http://jobs.uark.edu>. Deadline to apply is <insert date>.