



South Davis Recreation Center
550 North 200 West, Bountiful, UT 84010
(801) 298-6220



POSITION: Group Fitness Instructor
WAGE RANGE: \$ 16.00 – 24.00*

EFFECTIVE DATE: 10/21
STATUS: Part Time

POSITION REPORTS TO: Fitness Coordinator, Fitness Manager, Aquatics & Fitness Director

GENERAL PURPOSE:

Under the direction of the Fitness Coordinator, responsible for the instruction and safety of patrons enrolled in group exercise classes at the Recreation Center.

EXAMPLE of DUTIES:

1. Responsible for performing instructor duties in an effective manner
 - a. Supervise the conduct of patrons to prevent unsafe conditions and behavior in order to deter accidents or injuries
 - b. Plan, develop, and instruct safe, effective and fun group exercise classes
 - c. Monitor intensity through the duration of each class and offer modifications of exercises for individuals or groups
 - d. Be prepared and ready to start classes on time
 - e. Report unsafe conditions to the appropriate personnel in a timely manner
 - f. Show a willingness to promote the facility's fitness program
 - g. Help keep the Recreation Center clean and uncluttered
 - h. Record attendance on appropriate forms
2. Assume responsibility for maintaining positive relations with patrons
 - a. Conduct oneself in a professional manner and dress in proper uniform
 - b. Assist and support patrons in a positive and productive manner
 - c. Respond to questions and concerns promptly
 - d. Stay alert and attentive while on duty
3. Responsible for establishing and maintaining effective working relations with personnel and management
 - a. Attend all staff meetings and in-service training sessions
 - b. Further professional development by reading educational materials, watching educational videos and attending seminars, workshops, and conferences when appropriate
 - c. Maintain active involvement in related professional organizations
 - d. Provide input for Fitness area planning
 - e. Discuss problems and concerns with appropriate personnel
4. Other duties as assigned

MINIMUM QUALIFICATIONS:

1. High school graduate or equivalent
2. At least 18 years of age
3. Ability to communicate effectively with patrons, supervisors, and other employees
4. Basic knowledge of fitness, nutrition, anatomy, weight control, and exercise principles
5. Alert, attentive, self motivated, enthusiastic, responsible and adaptable
6. Good physical condition
7. Ability to function as a team player
8. Must hold, or be able to obtain within 60 days of hire, American Red Cross certifications in Community First Aid & Safety, CPR for the Professional Rescuer, and AED, and keep them current throughout employment
9. Group Exercise certification from ACE, AFAA, NASM, or other national certifying agency

WORKING CONDITIONS:

1. Willing and available to work early mornings, mid-day, evenings, weekends, and holidays
2. Moderate physical activity including pushing, pulling, and lifting medium to heavy weights
3. Uncomfortable working positions such as stooping, crouching, and bending
4. May have a few disagreeable elements such as noise, poor ventilation, or extreme or uneven temperatures
5. Work inside and outside
6. Exposure to stressful situations as a result of human behavior

*** PAYSACLE:**

Level	Total Completed Years of Experience	Primary Certification	1 Additional Certification	2 Additional Certification
1	Less than 1 yr Exp.	\$16.00	\$17.00	\$18.00
2	1 Year of Experience	\$17.00	\$18.00	\$19.00
3	2 - 4 yrs Experience	\$19.00	\$20.00	\$21.00
4	5-8 yrs Experience	\$21.00	\$22.00	\$23.00
5	9+ yrs Experience	\$22.00	\$23.00	\$24.00

Primary Certification is required for all group fitness instructors. Certifications are accepted from AFAA, ACE, ACSM, NASM, or other approved agencies (determined by Fitness Coordinator).

1st Additional Certification must be approved by Fitness Coordinator or the Aquatics & Fitness Director and can include Spin or Cycling, Kick Boxing, Yoga Fit, Pilates, etc...

2nd Additional Certification includes additional from list above.

Instructors must work a minimum of 100 hours during evaluation period to qualify for performance pay or educational assistance.