CLEARFIELD, CITY OF (UT) invites applications for the position of:

Group Fitness Instructor (Grade KK, LL, MM, NN)

**SALARY:** $15.69 - $20.91 Hourly  
**OPENING DATE:** 06/09/20  
**CLOSING DATE:** 09/03/20 10:59 PM

**GENERAL PURPOSE:**

Performs a variety of **journey-level duties** related to providing instruction in fitness programs such as high/low aerobics, step training, and weight training.

**SUPERVISION RECEIVED**

Works under the general supervision of the Fitness Program Coordinator.

**SUPERVISION EXERCISED**

None.

**EXAMPLES OF DUTIES:**

Develops class content appropriate to the course description and level.

Teaches scheduled classes; begins and ends classes on time; provides adequate warm-up, exercise, stretching and cool down.

Instructs patrons on effective workout methods; explains proper techniques, demonstrates exercises; identifies different muscle groups, and teaches appropriate methods to strengthen specific muscles.

Maintains alertness and awareness of patron activities to minimize exposure or threat of incident or accident; performs first-aid as needed to assist individuals suffering injuries.

Prepares appropriate equipment, music and handouts for each class.

Assists patrons, answers questions, and maintains a positive exercise experience for members and class participants.

Informs management of customer and facility needs; ensures safety standards are met; adheres to department and facility policies.

Performs related duties as required.

**MINIMUM QUALIFICATIONS:**

1. **Education and Experience:**

   A. Sufficient education and training to demonstrate an aptitude or ability to perform above and related duties;  
   AND  
   B. Three to six months experience related to group fitness instruction;  
   OR  
   C. An equivalent combination of education and experience.
Special Qualifications:

Must be 18 years of age.
Must possess current Red Cross CPR certification or obtain before conducting class instruction.
Must be Certified Instructor (ACE, ACSM or AFAA certifications preferred).

**ADDITIONAL QUALIFICATIONS/INFORMATION:**

Essential Functions, Knowledge, Skills, and Abilities:

**Working knowledge of** human anatomy, kinesiology and training principles; group fitness teaching strategies; choreography and music skills; safety practices, rules and guidelines; interpersonal communication skills.

**Ability to** be professional and motivate class participants; plan, organize and develop lesson programs and plans; establish and maintain effective working relationships with supervisors, fellow employees and the public; communicate effectively verbally and in writing; have a high degree of energy, be physically fit and have the endurance to complete the workout; work with various types of fitness equipment.

Work Environment:

Incumbent in the position performs in a climate controlled environment. Tasks require a variety of physical activities frequently involving muscular strain such as walking, standing, stooping, sitting, lifting, reaching, talking, hearing and seeing. Occasionally required to use hands to finger, handle, feel or operate objects, tools, or controls and reach with hands and arms. Common eye, hand and finger dexterity exist. Must frequently lift and/or move up to 25 pounds and occasionally must aide or assist participants. Occasionally required to climb or balance, stoop, kneel, crouch, or crawl. Occasional exposure to noise. Mental application utilizes memory of details, verbal instructions, emotional stability, discriminating thinking and creative problem solving.

**Group Fitness Instructor (Grade KK, LL, MM, NN) Supplemental Questionnaire**

* 1. Please list all Fitness Certifications you have:

* Required Question