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# Example of Group Exercise Instructor Job Description

Our company is searching for experienced candidates for the position of group exercise instructor. Thank you in advance for taking a look at the list of responsibilities and qualifications. We look forward to reviewing your resume.

## Responsibilities for group exercise instructor

* Physical ability to teach several classes each day
* Teach step format group exercise class
* Teaching an upbeat, safe and effective group exercise class that is geared for all fitness levels
* Teach cardio and strength format group exercise class during the evening time hours
* Assesses the health risk factors of aerobic participants
* Begins and ends classes on time
* Checks the attendance to verify that all participants have checked in
* Conveys a positive attitude while instructing participants
* Teach cycle format group exercise classes
* Teach cardio and strength format group exercise class during the evening hours

## Qualifications for group exercise instructor

* Must pass water group exercise audition based upon the format(s) of water group exercise instruction for which the instructor is being hired
* Must be knowledgeable about fitness-related issues, including, but not limited to, aerobic vs
* Adhere to strength training, water fitness, and nutrition guidelines in alignment with Y-USA/ACE/AEA, and ACSM guidelines
* May have less than one year of experience in teaching group exercise classes or years of group exercise participation
* CPR/ First Aid preferred
* National Fitness Certification required