



Example of Group Fitness Instructor Job Description

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Our innovative and growing company is looking for a group fitness instructor. We appreciate you taking the time to review the list of qualifications and to apply for the position. If you don't fill all of the qualifications, you may still be considered depending on your level of experience.

Responsibilities for group fitness instructor

- Continually strives to keep class content updated and innovative by watching videos, attending workshops/conferences and attending other group fitness classes
- Actively seeks qualified coverage for classes when necessary at least two weeks in advance of classes needing coverage
- The ability to demonstrate exercises and move rhythmically, the ability to incorporate optimal usage of cueing, tempo, choreography, and safe transitional movements
- The ability to promote proper knowledge of muscle groups and their function
- Instruct members on effective workout methods by explaining proper techniques, demonstrating exercises as needed, appropriately identifying the function of target muscle groups, and teaching appropriate methods to strengthen specific muscles
- Modifications should be provided by the instructor for all levels of participants within the classroom
- Assisting members, answering questions, and creating a positive exercise experience for all members and class participants
- Maintaining applicable certifications/licensures and CPR/AED/First Aid
- High school graduate or an equivalent
- 1 or more years of fitness instructor experience

Qualifications for group fitness instructor

- Group Fitness Instructor or Personal Trainer certification from a nationally accredited organization (NESTA, ACE, ACSM, Cooper Fitness, NASM, NATA, NSCA, NPTI, ISSA)
- High energy and fun personality
- Ability to perform an aerobic activity for the duration of a class, which may include, but not limited to, standing, walking, climbing, balancing, running, crawling, and kneeling
- Ability to routinely lift 50 pounds and occasionally 100 pounds
- Ability to perform exercises specific to the assigned class
- Cleans and organizes studio space after each Group Fitness class