



## **Position: GROUP FITNESS INSTRUCTOR**

- **Type:** Seasonal
- **Salary/Pay Rate:** \$20 - \$25/hour
- **Posted Date:** 9/28/23
- **Submit Resume along with 3 professional references to [cpsjobs@villagrove.org](mailto:cpsjobs@villagrove.org), in person at Administrative Office, or mail 120 N. Main Street, Villa Grove, IL 61956.**

**HOURS:** Hours may vary quarterly depending on needs & demands of the Villa Grove Community Center.

**SUMMARY:** Under direct supervision of the Director, this position is responsible for designing, implementing, and leading safe, effective, and enjoyable group fitness classes to the Villa Grove Community Center participants of various ages and ability levels.

Positions include general group fitness, Pilates, Yoga and Zumba classes.

### **ESSENTIAL DUTIES:**

- Demonstrate proper exercise and cueing techniques; create challenging choreography for multi-level fitness classes and provide modifications as needed. Build patterns logically and create smooth transitions between exercises.
- Recognize emergent/dangerous situations and react quickly and calmly. Administer first aid as needed. Complete accident/incident reports.
- Respond to public inquiries in a courteous manner; provide information within assigned area; resolve complaints in an efficient and timely manner.
- Communicate and respond to messages from the community center staff in a timely manner.
- Attend all staff meetings, trainings, and orientations.
- Attend work on a regular, reliable, and punctual basis. Sub for co-workers when available. Responsible for securing substitutes for shifts when unable to work.
- Prepare site for activity, ensure proper clean up at the end of class and perform safety checks on equipment.
- Enforce fitness program rules and policies for patrons.
- Report any issues to immediate supervisor in a timely manner.

### **CERTIFICATIONS (Preferred):**

- Maintain a nationally accredited group fitness certification through ACE, AFAA, or NETA and/or other national recognized organization.
- Certifications in CPR/AED & First Aid required at the time of building opening.
- Additional certifications required for specific class type: Pilates, Yoga & Zumba.



### **DESIRED KNOWLEDGE AND SKILLS:**

- Enthusiastic and passionate with ability to motivate others to improve their overall fitness and health.
- Knowledge of anatomy, basic nutrition, and exercise science to promote fitness and educate participants, within the scope of certification and training.
- Must have excellent social, verbal, and written communication skills.
- Establish and maintain working relationships with employees and the public.
- Considerable knowledge of the principles and practices of fitness programming.
- Provide superior customer service and resolve customer complaints.

### **WORK ENVIRONMENT:**

*The work environment characteristics described here are representative of those an employee encounters while performing the essential functions of this job. Reasonable accommodations may be made to enable individuals with disabilities to perform the essential functions.*

- Work is generally performed in an indoor fitness environment but while performing the duties of this job, the employee occasionally works near moving mechanical parts, fumes or airborne particles and toxic or caustic chemicals. The employee may be exposed to outdoor weather conditions during program oversight and evaluation. The employee may regularly travel to and from buildings to complete job responsibilities and tasks assigned.
- The noise level in the work environment may be loud at times with frequent interruptions and frequent contact with members of the public.

### **PHYSICAL DEMANDS:**

*The physical demands described here are representative of those that must be met by an employee to successfully perform the essential functions of this job. Reasonable accommodations may be made to enable individuals with disabilities to perform the essential functions.*

- While performing the duties of this job, the employee is frequently required to sit; use hands to handle, or feel; and talk or hear.
- The employee must occasionally lift and/or move up to 50 pounds.
- Physical effort may require, but not limited to, lifting weights, squatting, bending, reaching, spotting, and prolonged standing and walking.
- Specific vision abilities required by this job include close vision, distance vision, color vision, peripheral vision, depth perception, and ability to adjust focus.
- Must be able to demonstrate and perform the exercises unique to group fitness.