



City of Mason
Employment Opportunity
For
Group Exercise Instructor

Hiring Range:	\$19.79 to \$26.65 (DOQ)	Classification:	Fitness Instructor
Reports To:	Program Supervisor	FLSA:	Non-Exempt
Posted:	02/14/2022	Department:	Parks & Recreation
Working Hours:	Flexible	Status:	Part-time

General Statement of Duties and Distinguishing Features of Class

To plan and lead a variety of safe, effective and fun group exercise and fitness programs at the Mason Community Center or Mason Aquatic Center. Must teach a minimum of 3 classes per week.

Examples of Work (Illustrative Only)

- Demonstrates courteous, polite and respectful behavior to all patrons and facility staff members.
- Enforces facility and program rules and regulations in a friendly, firm and consistent manner.
- Prepares plans for assigned classes, including class components (warm-up, cardio, toning, cool-down, etc.), music selections, etc.
- Monitors the safe and appropriate use of instructional equipment during class. Maintains accountability and proper storage, and reports maintenance or repair requests in a timely manner.
- Provides support, information, referrals and qualified instruction to participants seeking information on fitness, exercise or general wellness.
- Prepares and maintains administrative records and paperwork as requested.
- Attends in-service training sessions and/or staff meetings as requested.
- Upholds the policies and procedures of the City of Mason and Parks & Recreation Department.
- Displays knowledge of the department's *Infectious Material & Exposure Incident Policy* and facility Emergency Action Procedures.
- Administer and record any necessary first aid/victim care within the level of emergency training.
- Demonstrates knowledge of all emergency procedures throughout the recreational areas.
- Performs related duties and responsibilities as required.

Skills, Knowledge, and Abilities: The following is preferred

- Acquire and maintain current certification or credentials from a nationally-recognized training organization (ACE, AFAA, ACSM)
- Possess and maintain current certification in American Red Cross *Standard First Aid and CPR*
- Previous experience in leading a variety of group exercise classes, highly desirable
- Successfully complete a pre-employment demo.
- Ability to teach a variety of group exercise classes and able to customize a class format to a particular group's needs
- Knowledge of basic principles of exercise physiology and the desire to obtain additional information on industry standards and trends

Physical Requirements:

Work in a recreational environment, frequent walking and standing; ability to lift/carry objects up to 30 pounds, stoop and crouch or stand for extended periods. Perform exercises as required.

I understand that I am applying for employment at will, and nothing in the job description and no oral statements made to me in connection with this job description can be construed as a contract of employment.