



JOB DESCRIPTION: AEROBIC INSTRUCTOR

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| Reports to | Group Fitness Director |
| Role Summary | Carry out a fun and enjoyable group exercise class while motivating individuals in a positive environment. |
| Primary Responsibilities | <ul style="list-style-type: none"> • Instructors are responsible for signing in for class and documenting class attendance numbers. • Instructors should encourage questions and interactions between and with members before and after class. • Instructors must effectively and efficiently communicate member needs to the Group Fitness Director. • Instructors need to provide an adequate warm-up and cool-down period with stretching of all major muscle groups during each class period. • Instructors should provide a safe environment for members during group fitness classes while also providing challenging workout routines for the members. • Instructors need to provide a motivating and positive attitude throughout the group fitness class. • Instructors must maintain a professional attitude, image, and demeanor, not only while teaching a group fitness class, but also when interacting with members, guests, and staff inside the Bailey's Health and Fitness Facility. |
| Abilities and Requirements | <ul style="list-style-type: none"> • A nationally recognized group exercise certification or 2 years group exercise experience. • Current CPR certification through the American Red Cross, The American Heart Association or American Safety and Health Institute. • Attention to keeping CPR certification current. • Provide a safe, comfortable, and motivating class for all participants at all fitness levels. • Knowledge and understanding of group fitness principles. • Application of fitness principles in a group fitness setting. • Willingness to continue education in group fitness. • The nature of the position requires physical effort, such as setting up equipment, lifting, and continuous aerobic exercise. • Decision making skills regarding leading a group fitness class, communication with immediate supervisor, and established Bailey's Health and Fitness policies. |