



Job Description – Group Fitness Instructor

JOB SUMMARY:

Texas State Campus Recreation is seeking enthusiastic individuals to lead safe and effective group fitness classes to a diverse population. Safety is the #1 priority. The Group Fitness Instructor is responsible for providing a positive workout experience by designing workouts for participants of all levels and abilities, providing progressions and regressions when necessary, and educating patrons on appropriate fitness principles and techniques. The Group Fitness Instructor reports to the Fitness & Wellness Coordinator and Graduate Assistant.

QUALIFICATIONS:

- Must hold & maintain a Group Fitness Instructor Certification through a nationally recognized organization (AFAA, ACE, ACSM, etc.) within 6 months of hire
- Must have successfully completed the Fitness Instructor Training Course
- Must hold & maintain CPR/AED & First Aid certification
- Must complete Blood Borne Pathogen Training & Student Worker Safety Training (within two weeks of hire)
- Must have an understanding of basic fitness principles, anatomy, and injury prevention
- Must have knowledge of group fitness teaching strategies including class design, cueing technique, integration of music, tempo, and rhythm

SPECIFIC DUTIES & RESPONSIBILITIES:

- Arrive to class well-prepared with a hard copy of workout for reference during class
- Attend all required meetings and in-service trainings
- Be knowledgeable of all emergency procedures and current with emergency response protocol
- Ensure that a safe and healthy environment exists for exercising
- Maintain knowledge of general fitness, wellness, anatomy, kinesiology and physiology as it relates to human movement and muscular conditioning
- Maintain the group fitness equipment and multipurpose rooms
- Must be able to teach a minimum of 2 classes per week on the group fitness schedule
- Promote a fun and enjoyable atmosphere by teaching classes with energy and enthusiasm
- Promote positive behaviors that value health, physical ability, and life-long wellness
- Provide exceptional customer service by ensuring participants' needs are met and by handling any complaints/concerns quickly and effectively
- Provide fun, motivational instruction and education on the benefits of healthy living through exercise
- Provide safe and effective fitness instruction to diverse groups of participants including progressions and regressions for EVERY exercise in the workout
- Seek continuing education and advancement in the field by learning to teach multiple fitness formats

Please email Angie Isernio (aci10@txstate.edu) Fitness & Wellness Coordinator for more information