Job Description: Group Fitness

Department: Recreation

Reports To: Fitness Manger/Director of Recreation

Classification: Part-time, at will

Summary

A Group Fitness Instructor leads engaging, safe, and effective classes for participants of all fitness levels, providing instruction, motivation, and support to promote health and wellness.

Qualifications

- Enjoys working with and teaching others
- Passionate about fitness
- Experience teaching group fitness classes
- Understanding of safety, body functions, facility rules, policies, and procedures
- Ability to work mornings, evenings, and weekends

Essential Functions

- To provide state of the art group fitness instruction that significantly contributes to each member's health and fitness goals.
- Set-up and help maintain facility and equipment.
- Provides current music ensuring appropriate language.
- Monitor and record class attendance
- Arrive early to class and stay after class to answer participant's questions.
- Establish and maintain good communication with participants.
- Maintain a positive attitude and act in a professional manner when interacting with patrons, program participants, and other staff, at all times.
- Continue to brainstorm new class ideas.

Marginal Functions

- Performs other duties as assigned by supervisor.
- The District encourages its employees to "take ownership" of the District. As such, it is the responsibility of all Park District employees to pick up litter throughout the building, grounds and facilities of the District.
- Staff is expected to help with the successful implementation of programs, parks and services across program areas and between departments.

Safety

- All employees are responsible for implementing the policies & procedures that pertain to safety and health.

Psychological Considerations

- Must have the ability to deal with other people under stressful conditions and have excellent customer service presence.

Physiological Considerations

- Should be able to demonstrate all exercises to clients.

Cognitive Considerations

- Must exhibit good problem-solving abilities and good judgment in keeping the park district mission.
- Must take initiative and be able to follow directions from and work with supervisors, and co-workers.

Hours & Wage Range

This position shall be paid every two weeks ($18-$25/hour DOQ) and is classified as part-time employee status. Hours are flexible, but as needed based on client availability.

Contact

Send application to Maureen Stevens, Director of Recreation at mstevens@rochelleparkdistrict.org