

The **Group Fitness Instructor** will lead and motivate members in a group environment to enhance overall fitness, strength and endurance, while ensuring that the safety of the members is not compromised. The Group Fitness Instructor will also serve as a resource to educate members on various aspects of fitness.

- Current CPR/AED certification and basic first aid training is required.
- Minimum of six months teaching in a group exercise environment along with demonstrated knowledge of group exercise principles and safe exercise techniques.
- Maintain nationally recognized group fitness certification
- Provide verifiable proof of specialized skill/training
- Knowledge of group fitness teaching strategies and the incorporation of choreography and safe transitional movement patterns, music, tempo, cueing technique, and rhythm.
- High degree of energy and be physically fit to have the endurance to complete the workout.
- Demonstrated knowledge of basic physiology, human anatomy, kinesiology, body mechanics, and training principles.
- Demonstrated engaging and motivational leadership with adaptability at the front of a class to effectively engage participants and achieve a great member experience.
- Positive and effective interpersonal communication skills.
- High degree of professionalism with ability to motivate others.

- Leads and delivers group fitness classes based on industry standards and approved formats that begin and end promptly, and adheres to the format, standards, and times scheduled.
- Instructs participants on effective workout methods; explains proper techniques, demonstrates exercises, identifies different muscle groups, and teaches appropriate methods and modifications.
- Provides verbal instructions that are clear and ensure that the volume, tempo of music and overall atmosphere is motivational and conducive to hearing, teaching, learning and having fun.
- Coaches and motivate class participants to achieve fitness goals and continually monitors for signs of injury, illness or overexertion.
- Interacts with participants, answers questions, introduce/orient new participants, generates and maintains a positive exercise experience, and solicits feedback in order to maintain long-term participation and member retention.
- Ensures all participants are using correct form during class and offers modifications and variations of the activities to accommodate all fitness levels.

- Maintains and demonstrates a positive and professional attitude towards his/her responsibilities, fellow associates, members, and guests.
- Represents and promotes the Recreation department in a professional manner and adheres to appropriate fitness attire for demonstrating proper form, alignment and movement of the body, and refrains from attire that is revealing in an inappropriate manner.
- Consistently delivers scheduled class as posted on schedule and actively coordinate and schedule a qualified/approved substitute Group Fitness Instructor in the event of necessary absence in order to avoid any cancellations.
- Provides legally purchased music appropriate for the class format, and refrain from using music that contains foul or offensive language.
- Ensures all equipment is functioning correctly
- Maintains cleanliness and organization of the group fitness facilities by ensuring equipment is put away and sound system is turned off when not in use.
- Promptly notifies management of any equipment or facility repair needs.
- Prepares any incident and/or witness reports as necessary in the event of accidents.
- Accurately and consistently records hours worked and class attendance information submitted to the fitness coordinator in a timely manner.
- Attends all required staff meetings as necessary and willingness to attend training in order to maintain teaching skills or improve/expand current skill level.
- Uphold the company's vision, mission, values and code of conduct and also comply with all City of Anderson policies and procedures.
- Performs related duties as assigned.

As a **Personal Trainer**, you'll help our members achieve their potential through fitness by providing customized fitness programs to our members including education and guidance on proper nutrition (within your scope of practice), cardiovascular exercise, resistance training and other programs.

- Excellent communication and customer service skills
- Experience in designing and implementing fitness regimens
- Current CPR certification
- College degree in fitness related field with relevant work experience is preferred but not required

Current certification from a nationally recognized organization is required. Other certifications will be reviewed on an individual basis.

Accepted Certifications

Academy of Applied Personal Training Education(AAPTE) Certified Personal Fitness Trainer (CPFT)
American College of Sports Medicine (ACSM) ACSM Certified Personal Trainer (CPT), ACSM Certified Health Fitness Specialist (HFS), ACSM Certified Exercise Physiologist, ACSM Registered Clinical Exercise Physiologist (RCEP), ACSM Certified Clinical Exercise Specialist (CES) American Council on Exercise (ACE) Personal Trainer (ACE-CPT), Certified Medical Exercise Specialist (ACE-CMES) Collegiate Strength and Conditioning Coaches association (CSCCa) Strength and Conditioning Coach Certified (SCCC)
International Fitness Professionals Association (IFPA) Personal Fitness Trainer (PFT) National Academy of Sports Medicine (NASM) Certified Personal Trainer (CPT) National Council on Strength and Fitness (NCSF) Certified Personal Trainer (NCSF-CPT) National Exercise and Sports Trainers Association(NESTA) Personal Fitness Trainer (PFT) National Federation of Professional Trainers (NFPT) Certified Personal Fitness Trainer (CPT) National Strength and Conditioning Association (NSCA) Certified Personal Trainer (NSCA-CPT), Certified Strength and Conditioning Specialist (CSCS) The Cooper Institute (CI) Personal Trainer Certification (CPT)

- Conduct service appointments with members which includes body fat analysis, nutritional counseling, proper use of fitness equipment, proper form of exercises, etc.
- Develop individualized exercise programs consistent with our members' personal fitness and exercise goals.
- Continually monitor and assist members to ensure proper form is used when performing exercises.
- Ensure facility cleanliness and tidiness.
- Maintain a visual presence in the facility and work with Recreation staff to recruit clients.

For more information:
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