



## **FITNESS INSTRUCTOR Nonexempt**

GENERAL STATEMENT OF DUTIES: Demonstrates and instructs fitness/water fitness class(es); does related work as required.

DISTINGUISHING FEATURES OF THE CLASS: An employee in this classification is responsible for preparing and instructing land- or water-fitness classes. Work is performed under the supervision of a Supervisor who reviews work primarily on the basis of direct observation and feedback from participants. Supervision is not normally a responsibility of positions in this classification.

EXAMPLES OF ESSENTIAL DUTIES PERFORMED (Illustrative only. Any single position of a class will not necessarily involve all of the duties listed, and many positions will involve duties that are not listed.)

- Develops fitness/water fitness class(es) with appropriate exercises, sequences, and/or routines; selects and prepares appropriate music for class(es), where appropriate.
- Demonstrates and monitors exercises/routines for safety and proper techniques.
- Responds to questions from participants regarding purpose of specific exercises/routines and other fitness-related topics.
- Maintains appropriate records regarding class participation.
- Prepares facility for class and performs necessary clean up.
- Perform other job-related duties or tasks as required

### DESIRABLE QUALIFICATIONS:

KNOWLEDGE: Considerable knowledge of fitness/water fitness exercise program components; principles of aerobic fitness, body alignment, and muscular endurance and strength; safety practices and precautions in performing fitness exercises.

SKILLS: Performing fitness/water fitness exercises safely and effectively; first aid and CPR.

ABILITIES: Communicate directions/instructions both verbally and by demonstration; observe and correct improper techniques; modify exercises for individual needs; select movements and/or music that is appropriate and interesting to participants; counsel and motivate participants in the areas of fitness and health.

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PHYSICAL DEMANDS: While performing the duties of this position, the employee is frequently required to sit, stand, bend, kneel, stoop, communicate, reach, and manipulate objects. The position requires mobility including the ability to move materials weighing up to 25 pounds on a regular basis such as equipment, inventory, and written materials. Manual dexterity and coordination are required over 50% of the work period. Persons with disabilities may be able to perform the essential duties of this class with reasonable accommodation. Reasonable accommodation will be evaluated on an individual basis and depends, in part, on the specific requirements for the job, the limitations related to the disability and the ability of the hiring department to accommodate the limitation.

EXPERIENCE AND TRAINING: One year of experience in instructing/leading group fitness/water fitness, exercise, or dance classes, preferably supplemented with a recognized certification in the area of aerobics, dance, exercise, or fitness/water fitness; or any satisfactory combination of experience and training which demonstrates the knowledge, skills, and ability to perform the above-described duties.

NECESSARY SPECIAL REQUIREMENTS: Possession of or ability to obtain current first aid and CPR certificates and other certifications as required.

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