



We're Hiring!

GROUP FITNESS INSTRUCTOR

General Summary

The GROUP FITNESS INSTRUCTOR will lead a group of participants through a series of movements and exercises using music as the basis of rhythmic exercise. They will also monitor the participants' individual abilities, needs and physical conditions and develop suitable programs to meet all needs.

Essential Functions

- Promote knowledge of proper group fitness components: Warm up, aerobic exercise, flexibility, cool down, etc.
- Demonstrate leadership capabilities and adaptability at the front of the class while making each class fun and enjoyable while motivating participants.
- Demonstrate the ability to move rhythmically to the beat of the music including the ability to incorporate optimal usage of cueing, tempo, choreography and safe transitional movements.
- Observe participants and inform them of corrective measures necessary for skill improvement.
- Instruct participants in maintaining exertion levels in order to maximize benefits from exercise routines. Offer alternatives during classes to accommodate all levels of fitness.
- Maintain a sufficient degree of energy and have the endurance to complete each fitness class.
- Arrive early to each session to properly pre, set-up and greet participants.
- Maintain fitness equipment and communicate with supervisor when unsafe conditions occur or equipment is in need of repair or replacement.

Employment Qualifications

High School graduation or equivalent with CPR/First Aid/AED certification within six months after employment.. Some college level coursework and/or experience in teaching/instructing, Exercise Science, Exercise Physiology, Personal Training, Dance or a closely related field is preferred.

The qualifications listed above are intended to represent the minimum skills and experience levels associated with performing the duties and responsibilities contained in this job description. The qualifications should not be viewed as expressing absolute employment or promotional standards, but as general guidelines that should be considered along with other job-related selection and promotional criteria.

Physical Qualifications

[This job requires the ability to perform the essential functions contained in this description. These include, but are not limited to, the following requirements. Reasonable accommodations will be made for otherwise qualified applicants unable to fulfill one or more of these requirements]:

- Ability to develop routines with appropriate music and choreography
- Knowledge and ability to communicate exercise physiology principles as related to a well-rounded fitness program
- Willingness to continue training in order to improve teaching skills or expand current skill level
- Ability to obtain and maintain Fitness related Certifications
- Ability to stoop, kneel, and crouch to perform physical activities associated with programs and classes
- Ability to lift various objects, at times, weighing up to 25 lbs.
- Ability to stand for prolonged periods of time to monitor and evaluate the fitness activities of the participants



Applications are available at Sturgis City Hall, 130 N. Nottawa; on our website at www.sturgismi.gov/HR; at the Doyle Community Center, 310 N Franks Ave, and www.doylecenter.com. *The City of Sturgis is an Equal Opportunity Employer.*