

Fitness/Wellness Group Fitness Instructor Job Description

UMass Campus Recreation

Group Fitness Instructor

Position Descriptions/Qualifications/Application Procedure

Group Fitness Instructors are an integral part of the Fitness and Wellness team within Campus Recreation. Group Fitness Instructors are responsible for leading multiple group fitness classes that range in variety and levels from Yoga to Hip Hop. This includes counting, cueing, organizing choreography, and much more.

➤ **General** (Duties include, but are not limited to, the following responsibilities)

- Provide a safe and fun environment for participants
- Demonstrate and promote knowledge of proper group fitness components, i.e.: warm up, aerobic exercise, flexibility, cool down, etc.
- Provide customer service to the patrons
- Maintain group fitness equipment, rooms and storage areas
- Knowledge of Campus Recreation policies and procedures
- Earn all necessary Continuing Education Credits (CEC's or CEU's)
- Assist with special events
- Enforce facility and program policies
- Attend all required trainings and meetings (dates and times TBA)
- Other duties as assigned

➤ **Minimum Qualifications**

- National fitness certification (ACE, ACSM, AFAA or equivalent)
- Ability to conduct safe and effective classes
- Prior experience teaching/leading group classes
- Knowledgeable in techniques and dynamics of Group Fitness
- Knowledge in a variety of Group Fitness classes
- Have current certification(s) for specific class format, including adult CPR/AED
- Able to work a minimum number of hours/week (recommended 2 classes) on a set schedule
- Able to attend Fall and/or Spring Area Training
- Knowledge of strength training and cardiovascular exercise
- Good communication skills
- Must adhere to Campus Recreation and University policies and procedures
- Must be reliable and dependable

➤ **Preferred Qualifications**

- Available to work during winter break and summer

➤ **Application Procedure**

- Submit application to Assistant Director Jill Isabelle at jisabelle@umass.edu
- Qualified applicants will be contacted to schedule an interview and audition