

Fitness and Wellness

Group Exercise Instructor

Job Description



Campus Recreation Services consists of six program areas: Adventure Pursuits, Aquatics, Fitness, Informal Recreation, Intramural Sports, and Sport Clubs. Over 165 students are employed with CRS in various positions to administer, manage, and support day-to-day operations. Student employee positions range from entry level positions such as area floor staff, office staff, and sport officials, to supervisory and management positions. Consideration for employment is based on the review of a completed CRS job application and interview, and may vary based upon position and program area.

Supervisor: Assistant Director, Fitness and Wellness

Manager Position Description

Management level employees are responsible for managing CRS programs and working with multiple program areas within the department. They supervise staff from all CRS program areas and assist in the hiring, training, and evaluation of all staff. Managers are highly involved in many programming and facility maintenance aspects of CRS and are expected to collaborate with staff from all CRS program areas and several other departments on and off campus.

Specific Responsibilities

- Attend all required meetings/trainings for CRS staff and Group Exercise Staff
 - Trainee instructors: attend weekly training sessions and shadow classes; pass exam at end of fall semester
- Learn required skills to teach cardio, toning, Pilates, Spin and Yoga classes (proper cueing, calling, etc)
- Plan individual classes, employing new music and choreography to maintain member interest
- Demonstrate proper form/technique and verbally cue members; walk around to correct form if necessary
- Keep accurate count of class attendees
- Perform cleaning and maintenance as needed (Spin bikes, towels, etc)
- Enforcement of rules and regulations
- Communicate any equipment problems, member concerns, or suggestions to the Assistant Director and Student Group Exercise Supervisor
- Acquire AFAA Primary Group Exercise Instructor certification and CPR certification (optional)