

**CITY OF PLATTSMOUTH
JOB DESCRIPTION**

POSITION TITLE:

Group Fitness Instructor

REPORTS TO:

Group Fitness Coordinator

PURPOSE OF POSITION: Responsible for conducting group fitness classes at the Plattsmouth Community Center

EXEMPT: Y/N: NO—PART-TIME

ESSENTIAL FUNCTIONS:

- Develop choreography for a challenging, yet safe, group fitness class(es)
- Perform athletic actions as required by class choreography
- Attends all required training sessions and scheduled meetings
- Develop positive relationships with members and program participants, pro-actively gain and retain members
- Assists members and program participants in awareness of healthy lifestyles
- Assist members by coaching safe and effective group fitness classes
- Assists the Program director in inspecting and maintaining the group exercise areas to ensure cleanliness, proper operation and absence of health or safety hazards
- Responds to and reports all accidents or incidents to the proper authority
- Assists Program director in promoting and publicizing health and fitness programs
- Keep track of class participant count
- All other duties as assigned

ESSENTIAL EDUCATION, CERTIFICATION AND/OR LICENSES:

- At least a High School diploma and/or GED
- Must be at least 18 years of age
- CPR and First Aid certification required
- National Group Exercise Certification; e.g. AAFA, Yoga, Zumba, etc.

ESSENTIAL KNOWLEDGE, EXPERIENCE, AND ABILITY

- Be able to perform at or above the level of the class that you are teaching
- Be able to perform all functions required of any class or specialty class that is being taught.
- Must be able to lift at least 25 pounds
- Must be able to stand, walk, or jog for 1 hour

The job description does not constitute an employment agreement between the employer and the employee and is subject to change by the employer as the needs of the employer and requirements of the job change. The above statements are intended to describe the general nature and level of work being performed. They are not intended to be construed as an exhaustive list of all responsibilities, duties and skills required of personnel so classified.

I have read the above job description and accept the responsibilities:

Employee Signature _____ Date _____

Supervisor Signature _____ Date _____

Employee Position Description Approved for Use:

 _____ 1/22/2015
City Administrator _____ Date _____