**Group Fitness Instructor**
**Job Description**

## SUMMARY:

Under general supervision of the Wellness Director, leads and coordinates individual or group adult fitness/physical training sessions for a specified health and fitness program.

## DUTIES AND RESPONSIBILITIES:

1. Plans and leads exercise/activity sessions in one or more assigned fitness areas, such as low impact aerobics, stretching/flexibility, yoga, circuit training, general fitness, weight training, and/or specialty training.
2. Sets up and monitors class equipment, and ensures its return in serviceable condition.
3. Advises participants on program and class procedures and policies, as appropriate.
4. Distributes handouts and/or class evaluations, if appropriate, and answers questions from participants after each session; assists in performing follow-up and communication with participants, as required.
5. Tracks progress of clients; maintains client files as appropriate.
6. Ensures that safety and injury prevention policies and procedures are adhered to by participants; reports accidents and prepares accident reports, as required.
7.

## MINIMUM JOB REQUIREMENTS:

High school diploma or GED with 1 to 3 years experience directly related to the duties and responsibilities specified. Any combination of Primary Group Fitness Certification: i.e., AFAA (Aerobics & Fitness Association of America; ACE (American Council on Exercise); ACSM (American College of Sports Medicine)

Recognized competency in field of instructional expertise/may require discipline-specific certification.

## KNOWLEDGE, SKILLS, AND ABILITIES REQUIRED:

- Skill in the use of first aid procedures.
- Ability to prepare routine administrative paperwork.
- Knowledge of fitness training and education methods and techniques in area of specialty.
- Knowledge of exercise principles and technology.

- Strong interpersonal and communication skills and the ability to work effectively with a wide range of constituencies in a diverse community.
- Ability to read, understand, follow, and enforce safety procedures.

**CONDITIONS OF EMPLOYMENT:**

- CPR Certification required within 2 months of date of hire.

**WORKING CONDITIONS AND PHYSICAL EFFORT:**

- Extensive physical activity. Requires strenuous physical work;

Salary is competitive and commensurate with experience

Submit resume to: resumes@ujft.org

Or submit completed application to;

Simon Family JCC
Human Resources
5000 Corporate Woods Drive, Suite 200
Virginia Beach, Virginia 23462