



Office of Human Resources
Fitness Instructor Certified - RG2111

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General Statement of Duties

Provides one-on-one personal training (certified) and instruction (certified) in group fitness classes such as yoga, step aerobics, kick boxing, boot camp, hip-hop, interval training, sports performance, strength training, Pilates, Zumba, indoor cycling, and/or core conditioning. Demonstrates proper techniques and methods for participants. Observes participants and informs them of corrective measures.

Distinguishing Characteristics

Fitness Instructor - Certified is distinguished from Activities Leader in the emphasis of exercise with experience in a specialized area of fitness with certification. Activities Leader provides specialized instruction to participants in specialized recreation activities such as sewing, languages, computers, ceramics, or home crafts.

Essential Duties

Instructs a variety of fitness classes in formats such as: yoga, step aerobics, kick boxing, boot camp, hip-hop, interval training, sports performance, strength training, Pilates, Zumba, indoor cycling, and/or core conditioning.

Creates enthusiastic and energetic class environments while providing specific emphasis on safety and proper execution of movements.

Keeps current on all certifications and industry practices.

Maintains attendance records for classes; distributes and collects class evaluations as requested.

Answers participant questions and resolves issues, problems and conflicts.

Maintains a clean and safe orderly work area.

By position, may complete lesson plans, incident report forms, time sheets, registration cards, and collect fees, where applicable.

Performs other related duties as assigned or requested.

Any one position may not include all of the duties listed. However, the allocation of positions will be determined by the amount of time spent in performing the essential duties listed above.

Competencies

Customer Service - Interacts with customers in a friendly and professional manner, works to resolve issues quickly and effectively, and is knowledgeable about products and services.

Interpersonal Skills - Shows understanding, friendliness, courtesy, tact, empathy, cooperation, concern, and politeness to others and relates well to different people from varied backgrounds and different situations.

Oral Communication - Expresses information to individuals or groups effectively; taking into account the audience and nature of the information; makes clear and convincing oral presentations; listens to others, attends to nonverbal cues and responds appropriately.

Teaching Others - Helps other learn through formal or informal methods; identifies training needs; provides constructive feedback; coaches others on how to perform tasks; acts as a mentor.

Written Communication - Composes, reviews, edits, and issues written materials for diverse audiences and communicates purpose in a succinct and organized manner that is appropriate for context, time, and place.

Knowledge & Skills

Knowledge of safety hazards and necessary safety precautions sufficient to be able to establish a safe working environment.

Knowledge of anatomy sufficient to be able to demonstrate to others correct body mechanics for exercises.

Knowledge of aerobic exercise practices and techniques sufficient to be able to perform a variety of duties related to the work assignment.

Knowledge of fitness conditioning and training practices and techniques sufficient to be able to perform a variety of duties related to the work assignment.

Knowledge of principles and methods for curriculum and training design, teaching and instruction for individuals and groups, and the measurement of training effects.

Skill in interpreting and applying written guidelines, precedents and work practices to standardized work situations or specific cases.

Skill in filling out forms and completing paperwork related to the work assignment.

Level of Supervision Exercised

None

Education Requirement

Graduation from high school or the possession of a GED, HiSET or TASC Certificate.

Experience Requirement

None

Education & Experience Equivalency

None

Licensure & Certification

Certification as an instructor and/or trainer in yoga, step aerobics, kick boxing, boot camp, hip-hop, interval training, sports performance, strength training, Pilates, Zumba, indoor cycling, core conditioning or any fitness area by a nationally recognized organization.

Requires certification in CPR/First Aid at the time of application or within six months hire date.

Licensure and certification must be kept current as a condition of employment.

Working Environment

Potential exposure to cold weather conditions (indoor/outdoor).

Potential exposure to cold temperatures, cold enough to cause bodily discomfort.

Potential exposure to heat temperatures, hot enough to cause bodily discomfort.
Potential exposure to temperature changes: variations in temperature from hot to cold.
Personal Safety: aware of surroundings, people, and events.

Level of Physical Demand

3-Medium (20-50 lbs.)

Physical Demands

(Physical Demands are a general guide and specific positions will vary based on working conditions, locations, and agency/department needs.):

Eye/Hand/Foot Coordination: Performing work through using two or more body parts or other devices.

Feeling: Perceiving attributes of objects by means of skin receptors, communication, or otherwise.

Field of Vision: Ability to sharply detect or perceive objects peripherally.

Fingering: Picking and pinching, through use of fingers or otherwise.

Handling: Seizing, holding, grasping, through use of hands, fingers, or other means.

Hearing: Perceiving and comprehending the nature and direction of sounds.

Kneeling: Assuming a lowered position.

Lifting: Moving objects weighing no more than 50 pounds from one level to another.

Oral Comprehension: Ability to discern the meaning of oral speech.

Reaching: Extending the hands and arms or other device in any direction.

Repetitive motions: Making frequent or continuous movements.

Standing: Remaining in a stationary position.

Talking: Communicating ideas or exchanging information.

Vision Far Acuity: Ability to perceive or detect objects clearly at 20 feet or more.

Vision Near Acuity: Ability to perceive or detect objects at 20 inches or less.

Walking: Ability to move or traverse from one location to another.

Background Check Requirement

Criminal Check

Certification Check

Assessment Requirement

None

Probation Period

None

Class Detail

Pay Grade: Z-123

FLSA Code: N

Established Date: 9/21/2018

Established By: LS

Revised Date:

Revised By:

Class History: