



Town of Oro Valley Classification Description

Title: **FITNESS INSTRUCTOR**

Job Code: 2675

FLSA Status: Non-Exempt

Department: Parks & Recreation

Salary Grade: PTS5

POSITION SUMMARY:

Under direct supervision of the Community Center Manager provides group fitness instruction, monitors, educates patrons on fitness and safety, and maintains a safe and enjoyable atmosphere for class participants.

ESSENTIAL JOB FUNCTIONS:

- A. Teaches scheduled classes, beginning and ending on time; provides adequate warm-up, exercises, stretching, and cool down.
- B. Instructs patrons on effective workout methods; explains proper techniques, demonstrates exercises; identifies different muscle groups, and teaches appropriate methods to strengthen specific muscles.
- C. Prepares appropriate equipment, music, and handouts for each class.
- D. Assists patrons, answers questions, and maintains a positive exercise experience for members and class participants.
- E. Keeps management informed of customer and facility needs.
- F. Ensures that safety standards are met, and that department and facility policies are adhered to.
- G. Performs related duties as required.

REQUIRED KNOWLEDGE, SKILLS AND ABILITIES:

- Knowledge of Town and Department policies and procedures.
- Working knowledge of human anatomy, kinesiology and training principles.
- Knowledge of group fitness teaching strategies and the incorporation of music, tempo, cueing technique, and rhythm.
- Choreography and music skills.
- Ability to be professional and motivate class participants.
- Ability to cooperate and work well with other staff members.
- Skill in establishing and maintaining effective working relationships.

MINIMUM QUALIFICATIONS:

- Must be at least 18 years of age.
- Must possess current Red Cross CPR certification.
- Certified Instructor (ACE, AFAA) or equivalent. Additional specialty/certifications preferred.

ENVIRONMENTAL FACTORS and WORKING CONDITIONS:

- Work is performed in indoor and outdoor environments.
- While performing the duties of this job, the employee occasionally works with various types of fitness equipment.
- The noise level in the work environment is usually quiet while in the office, and loud when in the facility and while performing duties.