

## **WARTBURG COLLEGE POSITION DESCRIPTION**

### **Title of Position: Group Fitness Instructor**

Preparation Date: April 2024

#### Function of Position:

The Wartburg-Waverly Sports Center is looking for Group Fitness instructors to lead and instruct members through safe and effective group exercise classes. A group Fitness instructor is responsible for demonstrating knowledge of basic anatomy and kinesiology, class structure, music utilization and proper cuing techniques for various fitness classes and levels. Instructors also are responsible for modifying workouts based on individual participant needs and abilities.

#### Principal Duties and Responsibilities:

- 1). Able to teach a variety of classes including, but not limited to, high/low impact, step, Yoga, kick boxing, aqua aerobic classes.
- 2). Instruct group fitness classes in a safe and effective way for participants with various fitness levels
- 3). Design and choreograph fitness classes for participants with various fitness levels
- 4). Demonstrates proper use of equipment/props available for use with group fitness classes
- 5). Provides proper class progression throughout session if applicable
- 6). Ensures participant adherence to safety and injury prevention techniques; prepares accident reports as required
- 7). Exercises on a regular basis to maintain appropriate fitness level for instruction of classes
- 8). Maintains current knowledge on fitness matters to ensure a safe class environment
- 9). Maintains and participates in continuing education workshops and seminars offered
- 10). Performs all duties as assigned

#### Minimum-Qualifications:

- 1). Group fitness instructors must possess and demonstrate proficient progression and proper instruction skills
  - 2). Effective communication skills
  - 3). Must have good customer service skills
  - 4). Strong individual and team contributor
  - 5). Must be aware of students/members needs
  - 6). Previous teaching experience is preferred, but not required
  - 7). Experience and nutrition knowledge preferred, but not required
  - 8). Must be currently American Red Cross CPR/AED and First Aid certifications and maintain certifications during employment
  - 9). Must have a group fitness training certificate from one of the following organizations: completion of the Wartburg personal training/Group Fitness program offered by Wartburg College, be sufficiently making progress towards a four year degree in fitness and/or possess a national certification from one of the following organizations: ACSM, AFAA, ACE, NSCA, NCSF, NETA, or Cooper Aerobics Institute (all other certifications to be cleared through the Fitness Director)
  - 10). Aqua group fitness instructors must be currently certified as a lifeguard and maintain certification while teaching classes
- Appropriate clothing is required: loose fitting clothing is not allowed as it is important that participants can follow proper body movement; for example: fitted tank with appropriate length of shorts; midriff must be covered (this includes aqua aerobic instructors); other types of clothing that is not allowed would be hats, short shorts etc.

#### Application Procedure:

Send letter of interest, including a statement regarding qualities you offer within the context of the Wartburg College mission, résumé, and contact information for three references electronically to: [hr@wartburg.edu](mailto:hr@wartburg.edu). See [www.wartburg.edu](http://www.wartburg.edu) for further information about the college. Screening begins immediately and continues until position is filled.

***Wartburg College is a selective liberal arts college of the ELCA, nationally recognized for community engagement. As an affirmative action, equal opportunity institution, Wartburg College actively seeks applications from women and members of ethnic and minority groups.***