Group Fitness Instructor  
Position Description  
Campus Recreation • University of Wisconsin-River Falls

Title: Group Fitness Instructor
Department: Campus Recreation
Reports to: Fitness and Recreation Service Coordinator
Appointment: TBD
Start Date: TBD
Compensation: Starting at $9-12/hour

Position Summary
As a Group Fitness Instructor, you are expected to be a knowledgeable, friendly, and welcoming to everyone in your classes, teaching a class that is safe and appropriate for all attendees. Campus Recreation expects all employees to have a positive attitude, show up for work on time, dress professionally, and perform all assigned duties in a professional manner. In addition, Group Fitness Instructors are responsible for providing fitness instruction, supervision, and a supportive exercise environment to all group fitness participants.

Time Commitment
This position requires a commitment of between 1-10 hours per week, based on the desire of the applicant. Work hours may range from 6:00am-10:00pm Sunday-Saturday. A set schedule is created for the semester based around prior obligations of instructors, class schedules, and facility availabilities.

Responsibilities
A. Safely lead group fitness classes including warm up, class session, and cool down.
B. Assist with class tracking and registration by welcoming participants, scanning membership IDs, and ensuring each participant checks-in to the class.
C. Perform all setup and teardown needs for class including preparing equipment, speakers, music, etc.
D. Ensure the safety of class participants by demonstrating safe and correct form for exercises, discussing exercise intensity levels, and presenting proper modifications for participants if needed.
E. Respond to injuries and assist in immediate CPR, AED, and First Aid emergencies.
F. Participate in self, peer, and supervisor evaluation process to improve all aspects of the department and staff.
G. Enforce and follow all Campus Recreation policies and procedures
H. Other duties as assigned.

Minimum Qualifications and Conditions of Employment
A. Must be a student enrolled at UWRF
B. Maintain a minimum cumulative grade point average of 2.50 or higher during employment
C. CPR/AED/First Aid certified (if desired, Campus Recreation will provide training upon hiring)
D. Extensive experience and background in specific class offering, or completed proper certifications
E. Ability to work in an unsupervised environment leading up to 50 participants with excellent communication

Preferred Qualifications
A. Certification from a national organization (AFAA, ACSM, ACE, or other group exercise instruction)
B. Wide range of knowledge in multiple group fitness offerings or willingness to learn.