

FITNESS INSTRUCTOR (WARF)

Grade 10
Part-Time, non-exempt
Effective: 10/22/2021

GENERAL DEFINITION AND CONDITIONS OF WORK:

Under general supervision of the Recreation Programmer, works as a group fitness instructor or personal trainer for patrons of the Warrenton Aquatic and Recreation Facility (WARF) or for the community for Parks and Recreation events. Instructors are responsible for instructing and promoting all fitness events, activities and programs year round.

This is highly physical work requiring demonstration of fitness activities for patrons. The ability to stand and be active for several hours at a time is required. This position requires the ability to exert up to 25 lbs. frequently and occasionally up to 50 lbs. This position requires the ability to reach, pull, lift, carry and stand. Hearing is required to perceive information at normal spoken word levels; vocal communication is required for expressing ideas and instruction; visual acuity is required for operation of fitness equipment, correction of technique, and enforcement of rules. On rare occasion, may be exposed to outdoor weather conditions.

ESSENTIAL FUNCTIONS/TYPICAL TASKS:

1. Instructs and assists with the group class programs. Be fit and able to lead the class and demonstrate moves and technique.
2. Maintains accurate attendance records for all classes.
3. Works cooperatively with Recreation Programmer to promote and advertise all fitness events, activities and programs. Assists in the planning, production and distribution of program promotional literature.
4. Works cooperatively with the Recreation Programmer to perform other tasks that lead to a well-run and successful program.
5. Attends in-service training sessions as assigned
6. Assists with Parks and Recreation events, as assigned by supervisor.
7. Other duties as assigned.

KNOWLEDGE, SKILLS, AND ABILITIES:

General knowledge of fitness techniques; ability to maintain order among participants; ability to instruct participants with different learn styles; ability to develop and maintain effective working relationships with fitness patrons, parents, employees, and the general public; ability to present a professional appearance and attitude at all times; effective communication skills; ability to follow written and verbal instructions; ability to be organized.

EDUCATION AND EXPERIENCE:

Experience in teaching individual and group fitness lessons. Must maintain at least one national level of certification in a fitness discipline.

DISCLAIMER:

The above information on this description has been designed to indicate the general nature and level of work performed by employees within this classification. It is not designed to contain or be interpreted as a comprehensive inventory of all duties, responsibilities and qualifications as required of employees assigned to this job.