



POSITION TITLE	Fitness Instructor
CLASS	Part time
PAY TYPE	Non-Exempt
PAY GRADE	50
PAY RANGE	\$18.00 - \$25.00 per hour
SUPERVISOR	Recreation Supervisor – Fitness & Gymnastics

### WHY WORK FOR THE FRASER VALLEY METROPOLITAN RECREATION DISTRICT?

The Fraser Valley is situated in a high mountain park and surrounded by the Arapaho National Forest and several wilderness areas. Home to Winter Park Resort, a world-renowned ski resort, the Fraser Valley offers a variety of winter activities and our idyllic summer climate is a haven for outdoor enthusiasts. The FVMRD has established an outstanding reputation for quality recreation and excellent customer service, creating amazing experiences for our residents and guests every day. We invite you to join our team!

### GENERAL STATEMENT OF DUTIES:

Plan, instruct, and evaluate quality adult group fitness programs.

**ESSENTIAL JOB FUNCTIONS:** The following examples are meant to be illustrative only and are not intended to be all inclusive. FVMRD reserves the right to modify the essential functions of this job at any time.

- Plan, instruct, and evaluate quality group lessons for adults of all ages and ability levels.
- Create a positive, fun, and inviting environment to ensure a positive participant experience.
- Help participants develop a sense of accomplishment and self-awareness of their athletic abilities.
- Employing new music and choreography to maintain participant interest.
- Demonstrate proper form/technique and verbally cue participants; interact to correct form as necessary.
- Learn required skills to teach cardio, toning, Pilates, Spin and Yoga classes (proper cueing, calling etc.).
- Keep accurate count of class attendees.
- Maintain a clean, orderly fitness area and classroom to ensure safety of all members.
- Assist in maintenance and inventory of fitness equipment.
- Complete reports as needed for accidents and lesson plans.
- Perform other related duties as necessary.

### REQUIRED KNOWLEDGE, SKILLS, AND ABILITIES:

- Knowledge of safety policies, procedures, and practices.
- Knowledge of fitness equipment including preventative and general maintenance, safety procedures, proper use, and applicable health and safety regulations.
- Ability to read and interpret written documents and manuals.
- Ability to communicate clearly and concisely, both orally and in writing.
- Ability to establish and maintain an effective working relationship with staff members, patrons, and the general public.
- Ability to work evenings, weekends, and holidays as necessary.

### EDUCATION, TRAINING, AND EXPERIENCE:

- High school diploma or G.E.D. equivalent preferred.
- Experience and expertise in specific program offering.
- Hold or obtain within 30 days a current nationally recognized certification for group exercise.
- Must possess, or be able to obtain, CRP, First-Aid, AED certifications (training provided).

**Work Environment:**

Work is performed in a fitness studio, gymnastics studio, or gymnasium setting and may include periods of high activity. The noise level is typically quiet to moderately loud.

**Physical Requirements:** While performing the duties of this position the employee is required to walk, stand, sit, talk, hear, and see. The employee is occasionally required to run, climb, balance, squat, kneel, crouch, crawl, and lift 10 pounds or greater.

**The FVMRD is customer service oriented and committed to hiring individuals who respond effectively to citizen needs and concerns.**

**EQUAL OPPORTUNITY EMPLOYER**

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**Employee Name**

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**Employee Signature**

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**Date**