



JOB DESCRIPTION

Job Title:	<u>Group Fitness Instructor</u>
Grade:	No Grade Assigned
Supervisor Title:	Parks and Recreation Superintendent
Department:	Parks and Recreation
FLSA Status:	Non-Exempt/Part-Time
Job Posting:	4/25/2024 – 5/16/2024
Wages:	\$17 - \$23/DOQ
Apply on City Website:	https://www.governmentjobs.com/careers/moundsviewmn/jobs/4484949/group-fitness-instructor?pagetype=jobOpportunitiesJobs

Minimum Qualifications of Education and Experience:

- Minimum of 1 year of related fitness experience.
- Recognized competency in field of instructional expertise.
- Certified in basic group exercise.

Nature of Work:

This position is responsible for leading and coordinating group fitness training sessions to participants of all ages and abilities. The Group Fitness Instructor will demonstrate excellent customer service and communication skills; and is responsible to maintain a working knowledge of current fitness industry practices in order to provide group fitness participants effective information and training.

Communicates with:

Internally – Parks and Recreation staff.
Externally – General public.

Supervision:

None

Essential Work Functions:

- Plans and leads exercise/activity sessions in one or more assigned fitness areas.
- Ensures all necessary equipment is set up for class.
- Inspects equipment to ensure it is clean and in safe working order.
- Advises participants on program and class policies and procedures.
- Builds effective, authentic relationships with participants, introducing them to other group fitness members.
- Continually develops exciting, innovative workouts for group fitness members.
- Ensures safety and injury prevention policies and procedures are adhered to by participants.
- Reports accidents and prepare accident reports, as instructed.
- Maintains working knowledge of wellness and trends to provide effective information and support to group fitness members.

Other Work Functions (Illustrative Only):

- Performs related work as required.

Knowledge, Skills, and Abilities Required:

- May require technical certification dependent on the instructional specialty (AFAA, ACE, NETA, NASM, etc.).
- Certified in CPR, First Aid, AED or the ability to be certified within first 30 days of employment.

- Skilled in the use of first aid procedures.
- Ability to deliver quality programming within a diverse community setting.
- Skilled in time management with attention to punctuality.
- Knowledge of fitness training and education methods and techniques.
- Knowledge of exercise principles and technology.
- Knowledge of the operation and maintenance of fitness equipment and facilities.
- Has the ability to work independently and with minimal supervision during program time.
- Able to communicate effectively in English, both verbally and in writing.

Persons with disabilities: the above is a general listing of job duties. Essential and non-essential functions may vary by individual position. Reasonable accommodations may be available for both essential and non-essential job duties.

Physical Demands and Work Environment:

In compliance with Americans with Disabilities Act, the following represents the Physical and Environmental Demands:

Function:	24% or Less	25% - 49%	50%- 74%	75% or more
Office environment	X			
Sitting, standing			X	
Walking, reaching, pulling		X		
Typing/data entry	X			
Talking, hearing			X	
Close and distance vision		X		
Color vision, depth perception, accommodation, field of vision			X	
Atmospheric Conditions		X		
Hazardous materials		X		
Environmental		X		
Moderate (50 pounds of force)		X		

This document does not create an employment contract, implied or otherwise, other than an "at will" employment relationship. The City Council, City Administrator or appropriate Elected Official retains the discretion to add duties or change the duties of this position at any time.

Mounds View is an Equal Opportunity Employer. In compliance with the Americans with Disabilities Act, the City will provide reasonable accommodation to qualified individuals and encourages both prospective and current employees to discuss potential accommodations with the employer.