GROUP FITNESS INSTRUCTOR

DISTINGUISHING FEATURES OF THE CLASS: This is a skilled position involving the supervision and training of participants at various recreational facilities. The Group Fitness Instructor leads and participates in the warm-up and instruction of participants in preparation and calisthenics and weightlifting training. By nature of this position, the incumbent is given latitude for independent judgment in scheduling and selecting the criteria for participation in fitness and weightlifting programs. The Group Fitness Instructor is under the general supervision of a higher-level Recreation Department staff member and provides direct supervision to Recreation Aide(s) and other staff, who assist with the instruction of the participants.

TYPICAL WORK ACTIVITIES: (Illustrative Only)

- Instructs and trains participants on the rules, techniques and skills of fitness, calisthenics and weightlifting;
- Develops fitness and aerobics routines that meet the needs of a variety of participants;
- Keeps up-to-date on safety and fitness trends;
- Ensures the facility is appropriately equipped and maintained for fitness classes and weightlifting lessons;
- Leads and participates, as well as supervises Recreation Aide(s) in the performance of their duties;
- Reports any equipment and/or facility problems to management;
- Ensures a safe and healthy environment exists for exercising;
- Performs related work as required.

FULL PERFORMANCE KNOWLEDGE, SKILLS, ABILITIES AND PERSONAL CHARACTERISTICS:

- Good knowledge in the instruction and training of participants of the techniques and skills in the art of weightlifting;
- Good knowledge in designing and implementing weightlifting programs;
- Ability to design, coordinate, plan, promote and participate in weightlifting tournaments;
- Ability to communicate effectively with young people;
- Ability to get along well with others;
- Ability to supervise the work of others;
- Dependability;
- Tact and courtesy;
- Physical condition commensurate with the demands of the position.
**MINIMUM QUALIFICATIONS:**

Graduation from a regionally accredited or New York State registered college or one accredited by the New York State Board of Regents to grant degrees with an Associate’s Degree** in Physical Education or a closely related field and three (3) year’s experience in the formal training of weightlifting, one (1) year of which was supervisory experience.

**Two (2) years of paid fulltime experience in weightlifting instruction is equivalent to (1) year of college.**

**SPECIAL REQUIREMENT:** A valid NYS Driver’s License is required at the time of appointment and for the duration of employment.

**SPECIAL NOTE:** An incumbent must be recognized in the sport of weightlifting through achievements and awards.