



245 East Bonita Avenue
San Dimas, CA 91773-3002

FITNESS INSTRUCTOR

(Aerobics, Step, Kick-Boxing, Yoga, Pilates, Aqua Aerobics, Zumba, Kettle Bell, etc.)

Job Summary

Under direction this person; instructs fitness classes at the San Dimas Recreation Center in a safe, enjoyable, and positive environment. Instructor will promote wellness and create appropriate and challenging workouts for participants at the appropriate and safe level. They will instruct participants about exercise activities that improve strength, cardiovascular endurance and flexibility. They demonstrate correct movements and technique, while offering tips on improving form to maintain or improve physical fitness.

Representative Duties

- Leads energizing, fun, safe and educational classes
- Builds effective, authentic relationships with participants; helps participants connect with each other
- Aims to increase the strength, flexibility and cardiovascular capabilities by leading dynamic classes
- Keep participants engaged and motivated
- Provide safe and complete instruction
- Provide encouragement and feedback
- Helps promote the programs as assigned
- Respond to and report any injuries or emergency situations
- Other duties as assigned

Qualifications

- Current group exercise certification from a nationally recognized organization such as AEA, AFAA, ACE, ACSM, or similar
- CPR, AED, First Aid certification
- Previous experience teaching fitness preferred
- Must demonstrate the ability to put together a fitness program
- Excellent verbal and written communication skills

Ability to

- Communicate effectively both orally and in writing to co-workers, the public and administration

- Develop and maintain positive work relationships
- Prepare and submit written reports
- Analyze situations and make sound decisions without constant supervision
- Assist individuals while they exercise to help complete the regimen and avoid injury
- Provide quality customer service and professional interaction with the public