



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

Application Deadline: Open Until Filled
Part-Time Employment
Starting Salary \$26.14 hourly (No benefits)

How to Apply

A City of San Dimas application must be submitted and may be completed online by visiting the City website at www.sandimasca.gov. Questions may be directed to Human Resources at (909) 394-6211, kfrey@sandimasca.gov, or 245 E. Bonita Ave., San Dimas, CA 91773. A resume may be attached to the application, but does not substitute for a completed City application.

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 helping participants connect with each other
- Aims to increase the strength, flexibility and cardiovascular capabilities by leading dynamic classes
- Keeps participants engaged and motivated
- Provides safe and complete instruction
- Provides encouragement and feedback
- Helps promote the programs as assigned
- Responds to and reports any injuries or emergency situations
- Other duties as assigned

Qualifications

- Current group exercise certification from a nationally recognized organization such as AFAA, ACE, ACSM or similar

- CPR, AED and First Aid certification
- Silver Sneakers certification preferred
- 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 staff
- 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

Selection Process

A City of San Dimas application must be completed and may be obtained from the website www.sandimasca.gov or Human Resources, 245 E. Bonita Ave. San Dimas, CA 91773. A resume may be attached to the application, but does not substitute for a completed City application. Interviews will be held on an as needed basis.

About the City

San Dimas is located midway (about 27 miles) between Los Angeles and San Bernardino, at the base of the San Gabriel Mountains. Excellent access to freeways offers a centralized location from which to enjoy Southern California.

San Dimas was incorporated in 1960 with a Council-Manager form of government. Residents receive a full range of services through the combined efforts of the City's four departments (Administration, Parks & Recreation, Public Works and Development Services) and the contract services of Los Angeles County.

Statement of Non-Discrimination

The City of San Dimas advises the public, employees and job applicants that it does not discriminate on the basis of race, religious creed, color, national origin, ancestry, physical handicap, medical condition, marital status, sex, age or any non-merit based factor in admission to, treatment of or employment in its programs and activities.

In compliance with the Americans with Disabilities Act (ADA), The City of San Dimas will provide reasonable accommodations to qualified individuals with disabilities and encourages both prospective employees and incumbents to discuss potential accommodations with the employer. EOE (Equal Opportunity Employer)