

Group Fitness Instructor

JOB DESCRIPTION

POSITION SUMMARY

Provide safe and effective group fitness classes and instruction to all members regardless of ability levels within the campus recreation center while upholding a premium level of customer service by arriving to class early, greeting participants, assisting with questions and concerns, and ensuring a safe and clean fitness area.

RESPONSIBILITIES

- Provide safe and effective group fitness classes and instruction to all ability levels
- Enforce all program policies and procedures as it pertains to the class and facility
- Enforce all building policies and procedures and assist as needed during emergencies
- Attend all group fitness and department meetings and cleanings
- Communicate effectively with the Coordinator of Fitness and the Graduate Assistant of Fitness through phone, email, or in person
- Possess current CPR/AED and First Aid certifications and complete all audit skills testing
- Possess current nationally recognized certification in desired fitness class. Examples include but are not limited to: ACE Primary Group Fitness Instructor, AFAA Primary Group Fitness Instructor, Madd Dogg Spinning Instructor, Pilates, Zumba
- Other duties as assigned

ACQUIRED SKILLS

UFit Instructors will have the opportunity to develop their knowledge of fitness programming, exercise science, and class execution, as well as enhance their communication, time management, and customer service skills.

STUDENT LEARNING OUTCOMES

- As a result of working for University Recreation, student employees will develop a sense of community by building relationships through effective communication and teamwork to foster resiliency.
- As a result of working for University Recreation, student employees will be able to demonstrate decision making and problem-solving skills acquired through trainings, experiences, and evaluations.
- As a result of working for University Recreation, student employees will be able to demonstrate professionalism by holding themselves and their coworkers accountable.
- As a result of working for University Recreation, student employees will be given opportunities for professional development to prepare them for future career.

JOB REQUIREMENTS

QUALIFICATIONS

- Degree seeking student at UAB
- Displays excellent written and oral communication skills

- Ability to work both independently and as part of a team
- Current CPR/AED/First Aid Certification
- Current nationally recognized instructor certification (AFAA, ACE, Schwinn, Zumba, etc.)

REQUIRED SKILLS

Leadership and supervisory abilities. Knowledge of standard practices in recreational sports and fitness. Ability to thrive in an environment that values high expectations, accountability, and balanced lifestyles.

- Basic computer competency
- Ability to handle customer service issues as it relates to the fitness activity
- Ability to communicate effectively with patrons and professional staff
- Ability to multitask and manage time effectively and efficiently
- Ability to participate in fitness studios and facility surrounded by loud music and noise
- Ability to withstand extended periods of time standing, jumping, swiftly moving, and other general physical movements
- Efficient eye-hand coordination
- May require hearing and talking
- Ability to withstand extended periods of activity and communicating
- Ability to lift 50 lbs. on a regular basis