

POSITION DESCRIPTION

GROUP FITNESS INSTRUCTOR

POSITION DETAILS

Date of Position Description	March 2023
Position Title	Group Fitness Instructor
Position Grade	7
Directorate Business Unit	Community Services Social & Community Services
Reports to	Health and Wellness Manager
Physical Requirements Category	Category 2- Field Role with considerable Physical Requirements

POSITION OVERVIEW

Group Fitness Instructors are responsible for the delivering of engaging, quality group fitness activities within Council's aquatic and wellness facilities. Drawing on their qualifications and skills, Instructors deliver across a seven day a week programming calendar from early morning to evening. As part of the Health and Wellness team within our integrated facilities, the role has a strong focus on great customer service and positive, well communicated learning environments.

KEY RESPONSIBILITIES

Role Specific

- Deliver quality, evidence-based health and wellness group fitness in response to community and customer needs and demand.
- Provide variety in both class design and music selection.
- Ensure that your class is inclusive in nature and is designed to ensure people of all levels and abilities can participate.
- Ensure that all classes assigned to you start and finish on time and that you accurately teach the class type assigned in a motivating and positive manner.
- Ensure that all equipment used in your sessions are returned to their place of storage and any damage or maintenance issues are actioned or reported in a timely manner through the established process.
- Create a positive and motivating atmosphere for all participants
- Regularly communicate to participants any announcements and promotions as required.
- Correctly report any incidents/injuries that may occur during your class and provide appropriate support, or first aid as required.
- Pass on any customer feedback in a timely manner
- Maintain fitness qualifications and demonstrate a commitment to on-going Group Exercise education, including presenting a subject matter expert mindset to customers.
- Actively participate in professional development training sessions, both internally and externally, mandatory training and all relevant team meetings.
- Develop and maintain rapport with facility members and casual users
- Ensure consistent high levels of communication, public relations and customer service to all Health and Wellness customers

Baseline

- Promote continuous improvement and innovation in practices, optimisation of technology, procedures and recommendations with the aim of providing better service to the client base in line with the organisation's values.
- Build in performance metrics and mechanisms to identify early visibility of risks to enable mitigation approaches.
- Ensure to take reasonable care of the health and safety of yourself, employees, visitors, contractors and volunteers whilst at work, and cooperate with the organisation to comply with WHS legislative obligations.
- Promote the value of diversity and inclusion in all practices, engaging with and integrating the views of others.
- Contribute to customer service and organisational effectiveness, by acting ethically, honestly and with fairness.

KNOWLEDGE

Qualifications

- Certificate III in Fitness for Freestyle Group Fitness Aqua Fitness (Including Aqua modules), Cycle, Boxing
Or Group Exercise Leader (GEL) for pre-choreographed programs certified to teach Les Mills programs that may include Body Combat, Body Pump and RPM
Or AUSactive Approved Professional Pilates Courses or Registered Yoga Professional
- Certified to teach specialist programs that may cover Zumba, Les Mills, Cycle, Pilates (Reformer and Matt), Yoga, Aqua and Boxing
- Current Australian First Aid (Level 2) and Current CPR Certificate
- NSW Working with Children Check

Desirable Qualifications

- Cert IV in Fitness
- AUSactive National Registration in the Group Exercise Instructor (GEI), Group Exercise Leader (GEL), or certifications in specific group exercise programs that has been approved by AUSactive.
- Knowledgeable to deliver non accredited group fitness programs of ie; Boxing, Aquarobics, Barbell style classes and Seniors active based programs
- Tertiary qualification in Exercise Science or similar
- AUSTSWIM, Royal Life Saving or Swim Australia Teacher qualifications
- Pool Lifeguard certificate
- Ability to teach School age programs

Experience

- 1 – 2 years demonstrated experience in teaching to large numbers
- Experience teaching classes to diverse communities
- Experience working in a busy aquatic or fitness environment, preferably in a Local Government setting

Skills

- Ability to work as part of a team including knowledge sharing and contributing to program initiatives
- Good time management skills with the ability to prioritise.