



MONTROSE RECREATION DISTRICT
Group Fitness Instructor
(Revised 2/15/2021)

General Statement of Duties:

Seeking certified group fitness instructors to instruct Spinning®, TRX®, Zumba®, Barre, Yoga, Mat Pilates, Body Sculpting, and other group fitness exercise classes offered by the Montrose Recreation District. MRD is interested in niche specialty certifications and qualifications intended for small group classes that are not part of an ongoing class schedule and/or the desire to obtain new certifications and instruct multiple class formats.

Supervision Received: Reports directly to the Fitness Leader.

Supervision Exercised: None.

Essential Duties: *The following are examples of primary duties assigned to this position. Other related duties may be assigned.*

- Instruct group fitness classes.
- Notify Fitness Leader of equipment issues or maintenance needs.
- Arrive 15-minutes prior to class and ready to instruct.
- Render CPR/First-Aid to current level of training if necessary.
- Help keep equipment and fitness studio clean and well maintained.
- Be a contributing part of a larger team of instructors and have availability to sub on a regular basis.
- Keep accurate numbers of class participants and maintain regular communication with Fitness Leader about changing participation rates and any other items of concern.
- Market classes and ensure participation rates remain adequate to keep classes as part of an ongoing schedule.
- Limit absences and take the lead on finding a substitute instructor when you will be absent
- Compile playlists with music appropriate for class formats instructed and suitable for all ages and demographics.
- Help enforce MRD fitness area and facility rules when necessary.
- Help safeguard and properly operate MRD equipment including sound systems to prevent damage.

Position Qualifications:

License and Certification:

- The possession of or ability to obtain CPR/AED and First Aid Certificate.
- Certified group fitness instructor from a nationally accredited organization or hold a certification in a specialty class format Spinning®, TRX®, Zumba®, Barre, etc....

Work Environment:

Gym environment with extensive public contact. Flexible hours that may include seasonal variations, evenings, weekends, and/or holiday hours.