



Montrose Recreation District

Flex Rec Group Fitness Coach

(Revised 7/7/2022)

**General Statement of Duties:**

Seeking certified group fitness coaches to instruct fitness classes at the MRD Flex Rec facility located in the Colorado Outdoors development. MRD is interested in coaches capable of running functional training classes utilizing a multi-station functional training rig and group fitness space. Seeking higher-intensity classes intended for participants looking to increase athleticism and functional movements.

**Supervision Received:** Reports directly to the Fitness Leader and Fitness & Outdoor Recreation Coordinator.

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

- Instruct group classes utilizing a multi-station functional training rig, group fitness space and the outdoors
- Monitor class participants to ensure proper lifting techniques and participant safety
- Plan effective group fitness classes that challenge participants and keep them engaged
- Arrive 15-minutes prior to class and ready to instruct.
- Check class participants into class to be sure registered participants are present
- Help keep equipment and fitness area clean and well maintained.
- Keep accurate numbers of class participants and maintain regular communication with Fitness Leader about changing participation rates and any other items of concern.
- Help enforce MRD facility rules when necessary.
- Help safeguard and properly operate MRD equipment including sound systems.

**Preferred License and/or 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. Partial reimbursement of certification fees is available upon certification.

**Wages & Benefits:**

- \$25 per class
- Individual membership to the Flex Rec, Rec Center and Field House
- Certification reimbursement program