ON-CAMPUS JOB DESCRIPTION
2012-2013

Job Title: Fitness/Group Exercise Instructor
Hourly Pay Rate: $10.00 + Dependent upon Experience
Department: University Recreation
Contact Person: Michael Montgomery
Phone Number: 963-3556
Location: SUB/REC Center, Room 175

Need students to work various hours per week. *Open to all Students
*Prefer Work-Study

Duties & Responsibilities:

- Plans and leads exercise/activity sessions in one or more assigned fitness areas, such as low impact aerobics, stretching/flexibility, yoga, circuit training, general fitness, Pilates, and/or specialty training
- Sets up and monitors class equipment, and ensures its return in serviceable condition
- Advises participants on program and class procedures and policies, as appropriate.
- Answers questions from participants after each session; assists in performing follow-up and communication with participants, as required
- Ensures that safety and injury prevention policies and procedures are adhered to by participants; reports accidents and prepares accident reports, as required
- Employees will be expected to be helpful and polite to all individuals they come in contact with during the course of their work
- Employees will be expected to dress appropriately and professionally
- All employees are required to comply with State and CWU safety rules, policies and regulations
- Willing and able to work early in the morning, noon, and in the evenings weekdays and weekends (willing to sub additional classes whenever possible)

Minimum Qualifications / Skills Needed:

- At least one year participating in group exercise classes
- Able to give verbal cues to participants and demonstrate exercises
- Nationally certified to instruct group exercise classes (ACE, AFAA, ACSM, NSCA, NETA, Spinning(R), YogaFit(R), PilatesFit(R))
Preferred Qualifications:

- At least 1 year experience instructing group exercise classes
- CPR/First Aid Certified

Why do you need this position?
To instruct group exercises classes.

What educational benefits will the student gain from this position?

- Valuable experience interacting with peer clientele and the Recreation staff.
- Will be provided with opportunities to exhibit leadership skills.
- Practical experience for a student majoring in exercise science or another fitness related area

Notes:
How to apply: You can download the application for this and other student employee positions online at www.cwu.edu/~rec. If interested in this specific position please e-mail your application to Cody Sims at simsc@cwu.edu or deliver completed application to the Student Recreation Center room 175.

Length of Employment: Fall, Winter, Spring, Summer