Part-time Position Title  | Group Exercise Instructor
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**Job Description**

**General Statement of Duties**
Provide safe and effective workouts to music using the most current techniques sanctioned by leading certification specialists. Assist in monitoring class enrollment and the setting up and storing of equipment.

**Typical Responsibilities**
- Ensure the safety of all participants by using proper form and techniques learned in the training program prior to instructing
- Educate participants in the benefits of exercise and a healthy lifestyle
- Continue personal growth and knowledge by attending mandatory training workshops
- Provide assistance in the monitoring of class enrollment by checking class passes
- Ensure the safe use of exercise apparatus
- Provide motivation and support for all participants
- Be available before and after class to answer participants’ questions

**Experience and Abilities**
- Must be a currently enrolled student
- Knowledge of the benefits of aerobic exercise
- Basic understanding of the cardiovascular system, anatomy, and kinesiology
- Certification in Heartsaver CPR before instructing a class solo (within 60 days)
- Participation in group exercise, and some experience in assisting or teaching
- Moderate to high personal fitness level
- Strong interpersonal and communication skills
- Certification within 6 months of hire date in group exercise, personal training, or aqua from AFAA, ACE, ACSM, NASM, or those listed below in section F
- Diversity in instruction: low impact, high impact, step, slide, resistance training, dance fitness, bootcamp, aqua, barre, mind/body, indoor cycling, etc. (preferred)

**Training**
- Mandatory staff training workshop prior to instructing classes
- Semester workshops/meetings
- Certification preparation
- Fitness Instructor Training (in house 20 hours – preferred)
- Six week in class training mentored by senior instructors prior to subbing or teaching his/her own class

**Environmental Conditions**
- Lifting equipment
- Common muscle strains and sprains associated with exercise and activity
- Exposure to loud music
- Aqua instructors exposed to pool chemical

**Pay Scale**
Instructors will be paid for the actual class and are required to be in attendance fifteen minutes prior and fifteen minutes following. Instructors will also be paid the same hourly fee for once a month two hour training workshops and for all assisting in all special events and marketing opportunities (such as De-Stress Fest, Spring Dance Party, etc.).
Pay Scale C Classification
X Starting pay, no certification ................................................................. $9.00 per hour
X Starting pay, with certification ..............................................................$9.40 per hour

Accepted certifications:
AFAA - Athletics and Fitness Association of America
ACE - American Council for Exercise
ACSM - American College of Sports Medicine
NASM – National Academy of Sports Medicine
IAR - Institute of Aerobic Research
AEA - Aquatic Exercise Association

Learning Outcomes
1) Develop, execute, and lead a safe, effective, and inclusive fitness class experience
2) Motivate and communicate with a diverse group of people with a variety of fitness backgrounds and needs, and adapt as needed
3) Develop, execute, and lead two different fitness class formats utilizing a variety of equipment

Merit Raises and Promotions:
* Fitness employees will be placed in a wage category based upon their completed qualifications at the time of employment. No employee will be eligible for a merit raise or promotion until there has been a satisfactory work period of a minimum of four months.

1. A fitness instructor may receive a $.20 per hour raise after passing an approved certification program listed above. A copy of this certification must be in the files of the fitness coordinator prior to a raise recommendation.
2. A fitness instructor may receive a $.40 per hour raise after one academic year (two semesters). This is based upon a positive overall evaluation by your supervisor.

All promotions and raises must be approved by a number of departmental and university representatives. A recommendation of a raise does not guarantee the individual will receive a monetary award.

How to Apply

To apply, please submit:
- Please complete the part-time employee job application and email the application to ataggart@rec.tamu.edu

Work Hours/Anticipated Schedule

- Instructors are required to teach at least two classes per week in two different formats to be considered on payroll. Senior/experienced instructors select classes first. New instructors may teach weekends and late nights. Instructors change classes and times every semester.

Contact Information

For more information, contact Anna Taggart, Fitness Director, at ataggart@rec.tamu.edu or 979-845-4792.