

**Woodmen Hills Metropolitan District
Parks & Recreation
Fitness Instructor**

POSITION: Fitness Instructor

SUPERVISED BY: Director of Parks and Recreation

Pay Range: TBD

GENERAL PURPOSE

Under direct supervision of the Director Parks and Recreation, provides Fitness instruction, monitors, educates patrons on fitness and safety, and maintains a safe and enjoyable atmosphere for class participants.

EXAMPLE OF DUTIES

- Serves as instructor for regularly scheduled classes
- Teaches designated fitness classes, beginning and ending on time; provides adequate warm-up, general exercise, stretching, and cool down.
- Instructs patrons on effective workout methods; explains proper techniques, demonstrates exercises; identifies different muscle groups, and teaches appropriate methods to strengthen specific muscles.
- Prepares appropriate equipment, music, and handouts for each class
- Assists patrons, answers questions, and maintains a positive exercise experience for members and class participants.
- Keeps management informed of fitness activities, facility needs, and significant problems.
- Ensures that safety standards are met, and that department and facility policies are adhered to.
- Performs related duties as required.

MINIMUM QUALIFICATIONS

Education and Experience

- Must be at least 18 years of age.

Special Requirements

- Must possess current CPR, AED, & First Aid certifications.
- Certified Group Fitness Instructor, Yoga and/or Pilates specialty preferred.

Necessary Knowledge, Skills and Abilities

- Working knowledge of human anatomy, kinesiology and training principles.
- Knowledge of fitness teaching strategies and the incorporation of music, tempo, cueing technique, and rhythm.
- Choreography and music skills.

- Ability to be professional and motivate class participants.
- Ability to cooperate and work well with other staff

members. PHYSICAL DEMANDS

The physical demands described here are representative of those that must be met by an employee to successfully perform the essential functions of this job. Reasonable accommodations may be made to enable individuals with disabilities to perform the essential functions.

- While performing the duties of this job, the employee is frequently required to walk, stand, sit and talk or hear. The employee is occasionally required to use hands to finger, handle, feel or operate objects, tools, or controls; and reach with hands and arms.
- The employee is occasionally required to climb or balance; stoop, kneel, crouch, or crawl. The employee must frequently lift and/or move up to 25 pounds, and occasionally must aide in the rescue of drowning swimmers. Specific vision abilities required by this job include close vision, color vision, and the ability to adjust focus.
- The employee must have a high degree of energy, be physically fit, and have the endurance to complete the workout.
- Must also be able to project voice over the noise of the music so that the class participants are able to hear the instructions.

WORK ENVIRONMENT

The work environment characteristics described here are representative of those an employee encounters while performing the essential functions of this job. Reasonable accommodations may be made to enable individuals with disabilities to perform the essential functions.

- While performing the duties of this job, the employee occasionally works near moving mechanical parts, and heavy fitness equipment. The employee may occasionally be exposed to wet and dry conditions, fumes, toxic or caustic chemicals.
- The noise level in the work environment is usually quiet while in the office, and loud when in the facility.

Please Submit Resume To:

Jedd Sims
Woodmen Hills Recreation Center
East 9205 Meridian Ranch Blvd
Peyton, CO
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Woodmen Hills Metropolitan District is an Equal Opportunity Employer.