



**City of Mason**  
**Employment Opportunity**  
**For**  
**Group Exercise Instructor**

<b>Hiring Range:</b>	<b>\$20.00 to \$25.00 DOQ</b>	<b>Classification:</b>	<b>Fitness Instructor I</b>
<b>Reports To:</b>	<b>Program Supervisor</b>	<b>FLSA:</b>	<b>Non-Exempt</b>
<b>Posted:</b>	<b>01/09/2024</b>	<b>Department:</b>	<b>Parks &amp; Recreation</b>
<b>Working Hours:</b>	<b>Flexible</b>	<b>Status:</b>	<b>Part-time</b>

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**General Statement of Duties and Distinguishing Features of Class**

To plan and lead a variety of safe, effective, and fun group exercise and fitness programs at the Mason Community Center or Lou Eves Municipal Pool. Must teach at least 3 classes per week.

**Examples of Work (Illustrative Only)**

- Demonstrates courteous, polite and respectful behavior to all patrons and facility staff members.
- Enforces facility and program rules and regulations in a friendly, firm and consistent manner.
- Prepares plans for assigned classes, including class components (warm-up, cardio, toning, cool-down, etc.), music selections, etc.
- Monitors the safe and appropriate use of instructional equipment during class. Maintains accountability and proper storage, and reports maintenance or repair requests in a timely manner.
- Provides support, information, referrals and qualified instruction to participants seeking information on fitness, exercise or general wellness.
- Prepares and maintains administrative records and paperwork as requested.
- Attends in-service training sessions and/or staff meetings as requested.
- Upholds the policies and procedures of the City of Mason and Parks & Recreation Department.
- Displays knowledge of the department's *Infectious Material & Exposure Incident Policy* and facility Emergency Action Procedures.
- Administer and record any necessary first aid/victim care within the level of emergency training.
- Demonstrates knowledge of all emergency procedures throughout the recreational areas.
- Performs related duties and responsibilities as required.

**Skills, Knowledge, and Abilities: The following is preferred**

- Acquire and maintain current certification or credentials from a nationally-recognized training organization (ACE, AFAA, ACSM)
- Possess and maintain current certification in American Red Cross *Standard First Aid and CPR*
- Previous experience in leading a variety of group exercise classes, highly desirable
- Successfully complete a pre-employment "tryout"
- Ability to teach a variety of group exercise classes and able to customize a class format to a particular group's needs
- Knowledge of basic principles of exercise physiology and the desire to obtain additional information on industry standards and trends

**Physical Requirements:**

- Work in a recreational environment, frequent walking and standing;
- Ability to lift/carry objects up to 30 pounds,
- Ability to stoop and crouch or stand for extended periods.
- listening and with or without corrected visual observations required at all times
- Perform exercises as required.

I understand that I am applying for employment at will, and nothing in the job description and no oral statements made to me in connection with this job description can be construed as a contract of employment.