

**University of Southern Indiana**  
**Recreation, Fitness, and Wellness Department**

**TITLE: Group Exercise Instructor**

**Job Description:**

Teach group exercise classes of step, low impact, body toning, spinning, stability ball, cardio kickboxing and boot camp. Be familiar with video and music checkout procedures, keep current with trends of safe exercise programs, challenge participants by updating routines, attend workshops hosted by Recreation, Fitness and Wellness, and record class attendance.

**Specific Duties:**

1. Teach group exercise classes that could include step, body toning, spinning, core strength, cardio kickboxing, circuit training, and boot camp.
2. Be familiar with video and music checkout procedures.
3. Keep current with the trends of group exercise programs.
4. Be sure to include proper warm-up and cool downs when instructing. Emphasize their importance.
5. Challenge participants by updating routines.
6. Attend workshops to learn more about group exercise.
7. Record class attendance.
8. Arrive at least ten minutes before your scheduled class to make sure the room and equipment is set up and ready. Wait at least 15 minutes before canceling a one hour class due to no attendance. Wait at least 5 minutes before canceling a core strength class due to no attendance.
9. You are expected to teach your class even if there is only one participant.
10. If you can't teach your class, please find your own substitute and notify a professional staff member about the change in instructor.
11. Be helpful in covering classes for other instructors.
12. Promote participation in our activities through positive attitude and behavior and assist in promoting good public relations by being courteous, friendly, and informative.
13. Attend monthly staff meetings, and check your mailbox, and e-mail on a regular basis.
14. Complete other duties as assigned.

**Time Commitment and Pay:**

Working some evenings, weekends, holidays, and breaks are required. Schedules are flexible to meet class schedules. Starting pay: \$8.00.

**Requirements:**

To be considered for this position students must be certified or have completed PED 385 (Exercise Leadership).

**Who Should Apply:**

This position provides numerous opportunities to gain skills that are beneficial in a variety of professions. Students from all majors are encouraged to apply.

**Additional Information:**

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