Fitness Instructor - Position Description

POSITION INFORMATION
Fall, winter, spring and summer employee positions
Non-federal work study and federal work study positions
Starting $11.50 per hour; average of 5-10 hours per week

REQUIRED QUALIFICATIONS
Certification in American Red Cross CPR and First Aid is required within 30 days of hire
Willingness and ability to work early morning, night, weekend, final and break hours
Adherence of no reading, studying or use of non-CRD electronic devices will be allowed while on duty
Pass the Campus Recreation fitness test - applicants must attend and pass this test in order to be considered for a position; test includes a 30-minute demonstration of fitness skills and teaching methods
Experience teaching group fitness classes (Previous experience teaching group fitness classes (Zumba™, Pilates, Yoga, Cardio Kickboxing, Step, Circuit Training, Aqua Zumba™, Circuit Training, CrossFit™, etc)
National fitness certification

PREFERRED QUALIFICATIONS
A Western Oregon University or qualifying student who meet the student employment criteria/hiring process
Genuine interest in a variety of individuals and commitment to providing quality service
Previous customer service, cash handling, receptionist, or inventory experience
Excellent oral and written communication skills
Candidates should be reliable, self-motivated, and be able to perform multiple tasks simultaneously

DUTIES AND RESPONSIBILITIES
Continual supervision of all fitness/aerobics areas during class times to provide a safe and effective motivating environment for physical activity
Continually assess the participants and their ability level; observe and teach good body mechanics
Communicate to participant any concern or difficulty
Constantly work with participants to enhance their knowledge of exercise, body alignment and safety
Set up fitness/aerobics area prior to class
Provide emergency assistance as necessary
Tactfully enforce facility rules and regulations
Complete records and reports in a timely manner
Perform facility and miscellaneous duties as assigned

PHYSICAL DEMANDS
Ability to lift 45 pounds regularly and 50 to 100 pounds occasionally
Ability to walk and stand for extended periods of time
Physical strength in back, arms and legs to be able to sweep and carry items
Ability to bend, stoop, kneel, stretch and reach constantly
Ability to handle and manipulate objects on a repetitive basis

WORKING 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.

HOURS, DURATION OF JOBS, AND BREAK WEEKS
This is a temporary student work position. The position is subject to renewal at the beginning of each term.
The Campus Recreation Department facilities are open on some designated official university holidays. Students are expected to work during holidays and break weeks.
In case of inclement weather when classes are cancelled, students are expected to report to work.
Students may not work more than 20 hours per week. If you work at more than one location on campus, the total hours cannot exceed 20 hours. Summer term students may work more than 20 hours per week.
In-service trainings will occur during the term and each one will be mandatory.