

Department: Campus Recreation

Job Title: Group Fitness Instructor

Reports to: Assistant Director of Experiential Wellbeing and Fitness

Summary:

Group Fitness Instructors are responsible for leading and delivering group fitness instruction ranging in variety and level from aerobic activity, muscular strength, stretch, dance, yoga or mind body disciplines. This includes developing and organizing choreography, movement sequencing and progression, cueing participants set up, safety, execution, and more. Campus Recreation is seeking energetic Group Fitness Instructors. The instructor must be high energy, motivating, and a relationship builder who will help others reach their goals through exercise while having fun. Duties include, but are not limited to the following responsibilities:

Acquired Knowledge, Skills & Experience:

At the conclusion of this position, you should demonstrate the following competencies:

- Communication- able to transmit information both verbally and nonverbally clearly and effectively by practicing active listening
- Problem-solving- able to utilize knowledge, facts, and resources to identify and define a problem or issue
- Professionalism- act with integrity and empathy as it relates to modeling and guiding others to follow the policies of the university and department

Essential Functions:

- Leads energizing, fun, safe and educational group classes to accomplish the Campus Recreation Department mission and goals.
- Creates a welcoming class environment for all fitness levels and encourages and motivates class members.
- Answers questions from participants to support them in achieving their healthy living and wellness goals.
- Builds effective, authentic relationships with members, helps others connect with one another and to the Wake Forest community.
- Keeps accurate class attendance records.
- Maintain the Group Fitness equipment and room.
- Attends required trainings, workshops and staff meetings.
- Participates in master classes, in-house trainings, supports campus initiatives lead by Campus Recreation as well as other special events.
- Follows Campus Recreation policies and procedures; responds to emergency situations.
- Other duties as assigned

Required Knowledge, Skills, Abilities:

- Current student of Wake Forest University
- Must obtain or maintain current CPR/AED/First Aid certification throughout duration of employment
- Must have or willing to obtain a current Fitness or Group Fitness related certification; once received must maintain currency to remain as active staff (certifications accepted, but not limited to: ACE, AFAA, Les Mills, YogaFit, Spinning®, etc)
- Willing to seek additional training or certifications as needed to enhance leadership and instruction

Preferred Knowledge, Skills, Abilities:

- Excellent communication and organizational skills
- Ability to multi-task and independently direct time management
- Ability to lead others creating an inclusive welcoming environment
- Energetic and outgoing personality

Disclaimer:

This position profile identifies the key responsibilities and expectations for performance. It cannot encompass all specific job tasks that an employee may be required to perform. Employees are required to follow any other job-related instructions and perform job-related duties as may be reasonably assigned by the employee's supervisor.

To help provide a safe learning and living community, Wake Forest University conducts background investigations and drug screens for all final candidates being considered for employment.

Wake Forest seeks to recruit and retain a diverse workforce and encourages qualified candidates across all group demographics to apply. Wake Forest University is committed to providing access and reasonable accommodation in employment for individuals with disabilities.

