Group Exercise Instructor

Definition: The Group Exercise Instructors serve under the direct supervision of the Personal Training/Group Exercise Supervisor and the Assistant Director of Fitness and Wellness.

Duties: • Develop group fitness class routines for a variety of skill and fitness levels in respective group exercise class. Classes include, but are not limited to: Kickboxing, Hip Hop, Boot Camp, Yoga, Pilates, Cycle, Step Aerobics.
• Possess a working knowledge of all equipment for the Group Fitness class(es) instructed.
• Provide progressive and creative routines to meet the needs of the CSUSB community.
• Teach classes with energy, enthusiasm, and a desire to assist and educate participants.
• Motivate and encourage class participants of experience and fitness levels.
• Assist beginners as needed, while providing adequate challenge to intermediate/advanced participants.
• Continue professional development through in-house training & external opportunities.
• Promote correct form, alignment, and aerobic dance choreography.
• Responsible for music that blends well and has appropriate beats / rhythm for the class.
• Dress appropriately (staff shirt, approved bottom athletic wear, and athletic footwear).
• Other duties as assigned by the Assistant Director of Fitness and Wellness.

Qualifications: Education and Certification Requirements:
Must be enrolled in a minimum of six (6) units at California State University, San Bernardino and maintain a quarterly and cumulative G.P.A. above 2.0. Opportunities are available for non-student instructors.

A current certification in CPR, AED, and First Aid is required. A Group Fitness certification from a nationally recognized certifying agency is required.

Experience Requirements:
Possess a broad knowledge of current Group Exercise trends and a variety of class formats for all levels, as well as providing music that blends and has the correct beats and rhythm needed for each class. Demonstrate strong communication skills with a
class and the ability to cooperate with a team of 20+ individuals comprised of students, staff and faculty.

**Compensation:** Dependent on experience and qualifications.