



GROUP FITNESS INSTRUCTOR JOB DESCRIPTION

Group Fitness Instructors are responsible for leading safe, effective, and enjoyable fitness classes for the University of Northern Colorado community. Group Fitness Instructors provide class participants with proper form and technique demonstration, exercise modifications, and exercise progression. Secondary responsibilities include helping out with Campus Recreation Center events, attending mandatory staff meetings, mentoring new instructors, and keeping up to date on current health/wellness information. This position reports to the Coordinator of Fitness.

Qualifications

- Current American Red Cross CPR/First-Aid certification
- All instructors must either hold a current national group fitness certification (ACE, AFAA, or others deemed appropriate by the Coordinator of Fitness) or complete a 6 week Group Fitness Instructor Training Course and audition to be a member of the UNC group fitness staff at the completion of the course in-house group fitness instructor training and agree to obtain a national certification within 1 year of hire.