

**JOB TITLE:** Contract Fitness Instructor

**REPORTS TO:** Tennille Zatrepaek (Community Programmer)



**PRIMARY RESPONSIBILITIES:**

• *General Responsibilities:*

1. Be responsible for assigned classes, including obtaining a replacement when unable to attend. If unable to find replacement, notify all participants in class.
2. Develop group exercise routines choreographed to music.
3. Advise individuals on the correct method and use of exercise machines and devices including weights.

• *Beginning the Class:*

1. Arrive at least 10 minutes before the class starts time to set up own equipment.
2. Be accessible for participants' comments and questions.
3. Introduce yourself to the class, and describe the type of class you will be teaching.

• *During the Class:*

1. Preview any complex choreography.
2. Teach an effective fitness class at the level, type, and intensity specified by the program. Follow the program description for the type of the class (Hi/Lo, Step, Sculpt, yoga, etc).
3. Ensure that participants exercise safely and are aware of potential hazards.
4. Encourage participants during the class both verbally and non-verbally.
5. Choose music that is motivational for both instructor and participants. Determine the appropriate levels for music and voice volumes by asking participants.
6. Encourage participants to exercise at their own pace. Give alternative exercises to permit each person to participate safely. Motivate participants to give this workout their best.
7. Record the number of participants (male and female) attending the class.

• *After the Class:*

1. Encourage participants to ask questions and offer suggestions or refer them to other sources if necessary.
2. Ask participants to put away all equipment.
3. Put away equipment and turn off sound system.
4. Complete Accident Report forms and Incident Report forms if necessary.

**MINIMUM QUALIFICATIONS:**

- Current SPRA Land Fitness Certification
- Current First Aid & CPR certification
- Excellent interpersonal skills
- Self-motivated, punctual, and responsible
- Knowledge of Campus Recreation's programs, services, and facilities
- Experience preferred, but not required.

**EMPLOYMENT PERIOD:** Sept 2010 to April 2011

**PAY RATES:** \$20-\$35/class depending on experience, availability and qualifications

**APPLICATION DEADLINE:** 5:00pm on Friday, July 23, 2010

**TO APPLY:** Send resume, references, and copies of certifications to

Attention: Tennille Zatrepaek

Mailing Address: Town of Warman. Box 340 Warman, SK S0K4S0

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