Group Exercise Instructor

This is a part-time, non-benefitted position. Per class rate starts at $16.

DEADLINE: Open

CONTEXT OF THE JOB:
Under the general direction of the Fitness Coordinator and the Fitness Director, a group exercise instructor will provide direct leadership, instruction and motivation for class participants. Develop a class that meets current industry standards, displays proper use of equipment and the knowledge necessary to progress participants safely within parameters of the modality. Develop a fun, participant-centered class with appropriate music. Engages participants with eye contact, verbal and non-verbal cueing and motivational coaching. Presents a welcoming environment and maintains an approachable demeanor.

The candidate must have prior experience in teaching fitness classes.

We are looking for instructors in the following modalities:

- Les Mills BodyPump
- Cycle

MINIMUM QUALIFICATIONS:

- Minimum of 18 years of age
- Prior experience in teaching fitness classes
- CPR/AED/First Aid and Blood Borne Pathogen Training within 30 days of hire*
- Current knowledge of exercise protocol as well as exercise contraindications
- Experience and certification in Group Exercise class instruction (AFAA, ACE, ACSM, Les Mills, etc.)

Apply: Send resume and cover letter to Christine K. Pena- cklimik@udel.edu