

Group Exercise Instructor

Position Description

Group Exercise Instructors are responsible for teaching classes for a range of abilities and levels. Instructors are certified in specific formats including cycle, Zumba, yoga, and general group fitness. Classes typically range from 30 minutes to 60 minutes in the early morning and evening.

Position Responsibilities

- Plan, prepare and instruct safe and effective group fitness classes
- Provide fun and motivational instruction that also includes the education of benefits in classes
- Create a welcoming class environment for all fitness levels and encourage participants
- Commitment to diversity and inclusion
- Maintain organization and sanitation of studio equipment
- Understand and enforce Rec Sports and area-specific policies and guidelines
- Implement exercise modification for patrons with varying physical abilities
- Promotion of group exercise classes and other Rec Sports programs

Required Skills

- Proper knowledge on structure and leading a group fitness class
- Ability to make modification, provide alternate exercise on the spot, and adjust workout based on participant's body language
- Strong time management and communication skills
- Friendly and effective interpersonal communication skills

Qualifications

- Current UL Lafayette student AND
- Not employed with any other UL Lafayette department AND
- Current certification in a nationally recognized group fitness format OR
- Completion of a Group Ex Mentorship and approval by the Fitness Coordinator or Graduate Assistant

Anticipated Schedule/Hours

HOURS OF POSITION

- Early morning classes begin at 6:45am
- All other classes are between 4:00pm and 9:00pm

TYPICAL SHIFT LENGTH

- Classes range from 30 to 60 minutes
- Class lengths based on format and style of class

How to Apply

Complete the [Rec Sports Student Employee Application](#) on the Rec Sports website.