City of Isle of Palms, SC

Department: Recreation

Position: Senior Group Fitness Instructor, PT

Effective Date: March 1, 2024

To apply visit the City website at: [Online Application for Employment (cognitoforms.com)](cognitoforms.com)

Application Deadline: Until Filled

General Purpose:
The City of Isle of Palms Recreation Department is looking for a senior group fitness instructor for participants 60 and older. Under the direct supervision of the Assistant Recreation Director, the group fitness instructor monitors, educates patrons on fitness and safety, and maintains a safe and enjoyable atmosphere for class participants.

Examples of Duties:

- Teaches scheduled classes, beginning and ending on time; provides adequate warm-up exercises, stretching and cool-down.
- Instructs patrons on effective workout methods; explains proper techniques, demonstrates exercises; identifies different muscle groups, and teaches appropriate methods to strengthen specific muscles.
- Prepares appropriate equipment and music for class.
- Assists patrons, answers questions, and maintains a positive exercise experience for class participants.
- Keeps management informed of customer and facility needs, checks in class participants.
- Ensures that safety standards are met, and that department and facility policies are adhered to.
- Performs related duties as required.

Education and Experience:

- General Group Fitness Certification for freestyle classes including ACE, AFFA, IFTA or equivalent.
- 1 year experience of exercise or wellness experience with senior citizens desired.
- Current CPR certification

Knowledge, Skills and abilities:

- Working knowledge of human anatomy, kinesiology, and training principles.
- Knowledge of group fitness teaching strategies and the incorporation of music, tempo, cueing technique, and rhythm. Choreography and music skills.
- Ability to be professional and motivate class participants.
- Ability to cooperate and work well with other staff members.

Compensation:

- Percentage of revenues brought in by class.