



POSITION DESCRIPTION

GROUP EXERCISE INSTRUCTOR

SUMMARY

New wellness center opening in November 2020 in the Bronx, a part of the St. Barnabas Hospital Health System, is seeking a group exercise instructor for its fitness center that is operated by Healthplex Associates.

The Group Exercise Instructor is responsible for providing well designed, safe, fun and challenging group exercise programs/classes for a diversified member population by performing the following duties.

Employee is expected to exercise discretion and judgment, develop work routines and engage in positive relationships with company employees.

The Group Exercise Instructor is directly responsible to the Fitness Director and/or General Manager.

This is an hourly, non-exempt position.

ESSENTIAL DUTIES AND RESPONSIBILITIES

The following duties and responsibilities are given as examples of the various types of work performed in this position. Other duties and responsibilities may be assigned.

1. Develops a curriculum for group exercise program as assigned by the Fitness Director. Lesson plans must be developed for all classes at least one week in advance.
2. Maintains logs of class attendance for classes taught.
3. Teaches classes in a fun safe and challenging manner. Classes must be designed to provide an effective exercise program in an entertaining manner.
4. Inspects the group exercise studios to insure lighting, temperature, sound system and equipment are all in top working condition. Reports problems and takes appropriate action.
5. Has complete knowledge of the Club's safety procedures including the evacuation of the group exercise and pool facilities in case of an emergency.
6. May also be required to perform the duties of the job description of an exercise specialist or personal trainer.
7. Supports the company's philosophy and goals and adheres to policies.

This list of responsibilities may not be all-inclusive and can be expanded to include other duties or responsibilities as needed without prior notice.

EDUCATION AND EXPERIENCE REQUIREMENTS

Health or fitness related undergraduate degree in an Exercise Science or health/fitness related degree program preferred with a minimum of one-year experience in the instruction of group exercise programs required, CPR, Basic First Aid and AED training required, AFAA or certified preferred, but not required; or any equivalent combination of education, experience, and training that provides the required knowledge, skills, and abilities.

REQUIRED KNOWLEDGE, SKILLS, AND ABILITIES

To perform this job successfully, an individual must be able to perform each area of responsibility satisfactorily. The requirements listed are representative of the knowledge, skills, and/or abilities required.

1. Knowledge of proper body mechanics is required for both the safety of the employee and also the safety of the members and class participants.
2. Must demonstrate an understanding of basic science, strength training, and cardio respiratory fitness.
3. Must be able to teach others proper usage techniques of equipment.
4. Must demonstrate the ability to support and contribute to community team.
5. Must work well with various member populations and people of all ages.
6. Must have the ability to complete multiple tasks simultaneously while paying close attention to detail.
7. Must be willing to work a flexible schedule, work efficiently without close supervision, and work effectively with other staff members.
8. Must have the ability to effectively operate telephone, personal computer, fax machine, other various office equipment, and software/programs (i.e. Microsoft Office including Word, Excel, and Outlook).
9. Must have the ability to communicate effectively verbally and in writing and establish and maintain effective working relationships with applicants, company staff, and the general public.
10. Must be well organized with the ability to prioritize and multi-task with strong attention to detail.
11. Must have a strong orientation to customer service and have exceptional skills in working cooperatively with others.

PHYSICAL REQUIREMENTS

The physical requirements described are representative of those that must be met by an employee to successfully perform the essential functions of this job. Reasonable accommodations may be made to enable individuals with disabilities to perform the essential functions.

While performing the duties of this position, the employee is regularly required to sit; walk; stoop; talk; hear; lift and/or move up to twenty pounds; and reach with hands and arms. The employee is also required to use repetitive hand/wrist, gripping and elbow motion. Vision abilities required by this job include close vision and the ability to adjust focus.

Good physical condition and above average fitness levels required; must be able to teach multiple group exercise classes each day. Physical demands require knowledge in the use of appropriate equipment/body mechanics, plus frequent lifting of up to 50 pounds. HPA has adopted a no-lift policy which prohibits personal trainers to lift a member or guest unless in the normal course of their duties. In the case of an emergency, trainers must seek additional assistance prior to lifting a member or guest.

WORKING CONDITIONS

Work is normally performed in an office work or wellness center environment, which requires the employee to work near moving mechanical parts and equipment. The noise level in the work environment is usually moderate noisy with increases/decreases in noise level without notice. The temperature within the environment ranges from 62-80 degrees Fahrenheit.

The employee may run the risk of exposure to infectious diseases/pathogens or blood, due to close proximity to other people. Exposure to lubricants and cleaning solutions.

The employee may be required to work a flexible schedule, work overtime and/or extended hours -as needed.

To apply, send your resume to Daniel Bonilla, Director of Clinical Integration, Healthplex Fitness Center, at DBonilla@sbhny.org.