

**CITY OF COCONUT CREEK
JOB DESCRIPTION**

JOB TITLE: Group Exercise (Aerobics) Instructor
DEPARTMENT: Parks and Recreation
FLSA STATUS: Non-exempt

GENERAL PURPOSE:

Performs professional work in the Parks and Recreation department. Instructs group exercise aerobic classes for members of the community. Work is performed under general supervision with limited latitude. Position exercises some judgment in accordance with well-defined policies, procedures, and techniques.

EXAMPLES OF ESSENTIAL FUNCTIONS:

The list of essential functions, as outlined herein, is intended to be representative of the tasks performed within this classification. It is not necessarily descriptive of any one position in the classification. The omission of an essential function does not preclude management from assigning duties not listed herein if such functions are a logical assignment to the position.

- Designs and instructs group exercise classes: including, but not limited to, structured 32 count choreographed aerobics class formats.
- Designs, and comes prepared to teach with, program-specific music playlists for group exercise classes
- Performs room/equipment setup and breakdown for each scheduled group exercise class
- Promotes the group exercise program to all members/prospective members and encourage increased participation in all classes
- Provides direction and assistance to users of the group exercise classes
- Ability to offer modifications of exercise for various fitness abilities
- Assists in the development of fitness and wellness activities
- Performs cleaning/maintenance tasks within the group exercise studio before and after scheduled classes
- Performs other related duties as assigned and/or required

MINIMUM QUALIFICATIONS:

National Group Exercise Instructor Certification from an accredited institution; supplemented by at least one (1) year experience in the fitness/aerobics field.

Must have a valid state of Florida driver license, class E.

Must have a current cardiopulmonary resuscitation (CPR) and AED certification.

KNOWLEDGE, SKILLS, AND ABILITIES:

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- Advanced knowledge of the goals and objectives required for planning, developing, and implementing group exercise programs
- Skill in providing good customer service
- Ability to organize work for timely completion
- Ability to instruct a group exercise class on beat and on phrase with the music, cue participants at least four beats before the transition, and provide participants alternative/modified exercises
- Ability to motivate and inspire participants
- Ability to construct an organized and structured group exercise class
- Ability to work with minimal supervision
- Ability to use critical thinking skills to arrive at solutions and suggest improvements to processes
- Ability to clearly communicate and understand information in English, both orally and in writing
- Ability to establish and maintain effective and cooperative working relationships with those contacted in the course of work
- Ability to regularly attend work and arrive punctually for designated work schedule, including evenings, weekends, and holidays

PHYSICAL REQUIREMENTS:

Depending on functional area of assignment, tasks involve the periodic performance of moderately physically demanding work, usually involving lifting, carrying, pushing and/or pulling of moderately heavy objects and materials (up to 50 pounds). Tasks that require moving objects of significant weight require the assistance of another person and/or use of proper techniques and moving equipment. Tasks may involve some climbing, stooping, kneeling, crouching, or crawling. Tasks may involve extended periods of time standing.

ENVIRONMENTAL REQUIREMENTS:

Tasks are regularly performed inside without potential for exposure to adverse conditions, such as dirt, dust, pollen, odors, fumes and/or poor ventilation, wetness, humidity, rain, temperature and noise extremes, machinery and/or moving vehicles, vibrations, electric currents, animals/wildlife, toxic/poisonous agents, gases or chemicals, oils and other cutting fluids, violence and/or disease, or pathogenic substances.

SENSORY REQUIREMENTS:

Some tasks require manual dexterity, in addition to visual and hearing acuity.

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The job description does not constitute an employment agreement between the City and employee and is subject to change by the City as the needs of the City and requirements of the job change.

The City of Coconut Creek is an Equal Opportunity Employer. In compliance with United States Equal Employment Opportunity guidelines and the Americans with Disabilities Act, The City provides reasonable accommodation to qualified individuals with disabilities and encourages both prospective and current employees to discuss potential accommodations with the employer.

I have read and understand this classification description and hereby certify that I am qualified to perform this job, with or without reasonable accommodation.

Job Title

Name (print)

Supervisor's Name (print)

Employee Signature

Supervisor's Signature

Date

Date