



Group Exercise Instructor

Education & Certification

- Current group exercise certification, such as ACSM, ACE, AFFA, NETA, AAI/ISMA etc. or equivalency and maintain certification standards.
- Must have current CPR certification.
- Must have current First Aid certification.
- Instructors teaching licensed/branded formats (e.g. Zumba) must also be trained and licensed to teach those formats
- Completion of some background checks and clearances.

Experience

- Minimum of one (1) year of aerobic teaching experience required.

Personal Skills

- Dependable and punctual
- Strong leadership qualities
- Energetic, enthusiastic and motivational with large groups
- Excellent physical condition
- Professional manner and appearance
- Basic practical knowledge of human anatomy and kinesiology
- Organized and creative
- Good verbal and interpersonal skills

Group Exercise Instructor Duties & Responsibilities

- Provide safe group fitness class with a variety of movement.
- Attempt to know each exercise participant's name and their individual fitness goals.
- Inspire each participant to achieve his or her individual fitness goals
- Ensure the safety of all exercise participants at all times.
- Vary exercise routines while complying with established formats and standards.
- Monitor and record class attendance.
- Greet each member and guest with a smile and personalized comment.
- Circulate around the exercise area while instructing.

Group Exercise Instructor Employee Expectations

- Leave the Aerobics Studio area clean. The cleanliness of the Aerobics Studio is each employee's responsibility.
- Be a great ambassador for the JCC by continuing to learn member's names and inquire about their program and refer members where appropriate to other JCC Health and Fitness services.
- Never participate in gossip about the JCC, its employees or other contractors. Any concerns must be directed to the Fitness Director. (Constructive suggestions and solutions from employees are always welcome).
- Enforce and adhere to policies set by the JCC of the Lehigh Valley Handbook.
- Ensure fitness attire is clean, professional and appropriate for the specific clientele and atmosphere.

**The Jewish Community Center of the Lehigh Valley
702 North 22nd Street
Allentown, PA 18104**

- Enthusiastic about group exercise classes and enjoy creating and delivering new, fresh and innovative routines.
- Ability to teach to a variety of ages and abilities.
- Confident in your professionalism with a positive attitude and a passion to motivate others.
- A professional who is collaborative and a flexible leader in and out of the studio.

Customer Service Statement

The Group Exercise Instructor shares in the JCC's commitment to provide excellent customer service to its members. He/she should be professional in all of his/her relationships with members and guests. He/she should take the time to learn the names of as many individuals as possible and to make sure that individual members are pleased with the services and programs provided by the JCC

Job Type: Part-time

Salary: \$20.00 to \$25.00 /hour