

**Position Title:** Group Exercise Leader  
**Department:** Quest4Life Wellness Center  
**Pay Rate:** Depends on experience

**Job Summary:**

Independently and with other group exercise leaders, develop safe and effective group fitness classes. Enthusiastically and energetically instruct a variety of classes. Maintain and ensure unified productive group fitness classes to establish a clientele and assure class participation and growth. Develop a successful working relationship with all Wellness Center personnel to promote a unified objective of reaching individual health goals.

**Essential Job Functions:**

The following is a summary of the essential functions of this job. The incumbent may perform other duties, both major and minor, that are not mentioned below; and specific functions may change from time to time. Choreographs and Conducts Group Fitness Classes. Develops a variety of successful programs to establish clientele for the Wellness Center and enhance the services it provides. Assists in maintenance of fitness/aquatic areas. Establish a successful working relationship with all Wellness Center Personnel. Performs other duties as requested.

**Education and formal training:**

High School Diploma is preferred. BLS certification must be obtained within 6 months after hire. Group Fitness certifications required. Certifications will depend upon the type of class instructing.

**Work Experience:**

At least six (6) months of experience instructing group fitness classes in a wellness/fitness setting preferred.

**Knowledge, skills, and abilities required:**

Knowledge of: Anatomy and physiology Human response to exercise Injury prevention in exercise Skills: Effective communication skills, especially verbal Time management Ability to: Motivate others to achieve personal fitness goals Ability to adapt to different populations Get along with others, personable character

**Physical Requirements:**

Physically fit as defined by standard tests of physical fitness. Hearing for normal conversation. Must be able to lift at least 50 lbs.