



JOB DESCRIPTION

Job Title: Part Time Fitness Instructor
Department: Community Health
Supervisor: Community Health Supervisor

JOB SUMMARY

This is a non-supervisory Fitness Instructor position. The Fitness Instructor will provide quality exercise classes and encourage nutritious eating to participants of the Your Health Matters- City of Los Fresnos Program. The Fitness Instructor will be responsible to design an effective exercise routine for participants. The instructor will be responsible to provide modifications for participants as needed. The Instructor will be responsible to maintain a safe and professional environment for all those in attendance.

ESSENTIAL FUNCTIONS

- Before the start of each class the Instructor will display a TSSC Newsletter and sign-in sheet in a visible location.
- The Instructor will ensure all participants sign-in before the start of class. The Instructor will begin class with a short introduction including name, title, type of class, reference to the newsletter, sign-in sheet and a nutrition element.
- The instructor will offer clear verbal instructions on how to preform each exercise while using the correct form and technique. In addition, the instructor will provide participants with a visual demonstration of each exercise. Instructions will be

offered in English. If participants request for a translation in Spanish, the class can be offered bilingual.

- The Instructor will design a one-hour fitness routine that includes but is not limited to a 5-minute warm-up, a progressive training routine, water breaks, a 5-minute cool down and stretch.
- Music can be played throughout class. If class is taught at the LF Memorial Park the speaker must be setup facing south. The music must be free of profanity. The sound should be pleasant to hear but not so loud that the participants can't hear the instructor.

EQUIPMENT/MATERIAL

The Fitness Instructor will arrive to class 30 minutes in advance to ensure the environment is safe and setup required notices and equipment.

WORKING CONDITIONS

Hours may vary depending upon the scheduled times of each exercise class.

PHYSICAL DEMANDS

Stand, Walk, Sit, Stoop, kneel, crouch, or crawl Use hands to finger, handle or feel Reach with hands and arms, Talk or hear, perform work, which involves frequent lifting, pushing and pulling of heavy objects;

Exert or Lift:

Up to 100 lbs.

Environmental conditions include:

Exposure to variable temperatures and weather conditions; allergens such as pollen, and bee stings.

SKILLS

- Knowledge of proper exercise form and technique.
- Knowledge of how to create innovative exercise routines.
- Ability to initiate and maintain positive working relationships with participants, city staff and other organizations.
- Ability to maintain control of a professional class setting.
- Possess good communication skills, such as listening well, and using body language appropriately.
- Ability and willingness to provide emotional support, encouragement and motivation to participants.
- Professional attitude and behavior; responsible and mature.

EXPERIENCE AND TRAINING

- High School Diploma or its equivalent.
- Successful; completion of a formal Personal Training or Group Instructor program.
- Good communication skills, both written and verbal.
- Bilingual- Spanish/English.

NOTE

The above statements are intended to describe the general nature and level of work being performed by employees assigned to this position. They are not intended to be thought of as a complete list of all possible responsibilities, duties, and/or skills of all personnel so classified. The “performs other work as required or assigned” statement is to be understood that it may be necessary to expand an employee’s duties and/or responsibilities on a daily or permanent basis.

THE CITY OF LOS FRESNOS’ GOAL IS TO ENSURE CUSTOMERS RECEIVE THE BEST POSSIBLE EXPERIENCE.

Employee Signature Date

Department Head Signature Date

City Manager Signature Date

Revised: August 2017