

Group Fitness Instructor



Friends Health & Fitness are seeking a results driven, qualified fitness professional to join our dynamic team. The position will be offered on a casual basis.

This role involves instructing group classes. A detailed position description can be found on pages 2 and 3.

To be considered for this position please address the selection criteria listed below in your letter of application.

Applications should be received by 9.00am, Monday 23 November 2020 addressed to:

Nelson File – Principal
The Friends' School
PO Box 42
NORTH HOBART TAS 7002

or emailed to principal@friends.tas.edu.au

Selection Criteria

1. Effective verbal communication skills providing a high standard of customer service
2. Highly motivated, well-organised, and passionate about the fitness industry. An energetic, self-motivator who sparkles.
3. Demonstrated commitment to professional development in the fitness industry
4. Previous experience in the instruction of group fitness classes

Essential Requirements

- o A minimum of Certificate III in Fitness with group exercise instruction specialisation which includes the following units: BSBRSK401 – Identify Risk and Apply Risk Management Processes
HLTWHS001 – Participate in Workplace Health & Safety
SISFFIT007 – Instruct Group Fitness Sessions
SISFFIT011 – Instruct Approved Community Fitness Programs
or, GEL (Group Exercise Leader) for instructors teaching pre-choreographed or prescribed classes.
- o Current First Aid and CPR
- o Registration to Work with Vulnerable People (employment category)
- o Satisfactory National Police Check

Purpose

The role of the Group Fitness instructor is to provide planned, well prepared and educated instruction to class participants and to create an enjoyable, safe and rewarding fitness experience. The major accountability of the role is the quality of interpersonal relationships with clients and the quality programming provided which impacts on the level of customer satisfaction, participation and overall business results.

Primary Duties

- To plan, prepare and coordinate inspirational group fitness classes which ensure customer satisfaction, enjoyment and safety.
- To ensure the class is prepared and adaptable to meet the needs of injured, pregnant or unfit participants.
- To promptly respond to and resolve customer queries and complaints to ensure good customer relations and promote a friendly and efficient service. To report all customer feedback to Gym Manager.
- To remain observant of any safety risks and report potential hazards immediately to the Gym Manager in order to minimise risk.
- To use appropriate strategies to correct exercise technique and execution of movement to ensure maximum benefit and a safe exercising environment for participants. This may include approaching a participant at the end of the class.
- correct exercise technique and execution of movement to ensure maximum benefit and a safe exercising environment for participants.
- To show a genuine interest in the member's development and progress, encouraging questions and responding in a friendly, informative and professional manner.
- To promote the facility to prospective customers by providing quality information and explanations about equipment, programs and services available.
- To contribute to the direction of programs by participating in meetings and providing input to review systems and processes within the team to ensure flexible and responsive service delivery that meets and exceeds member expectations.
- To utilise effective communication lines within the team.
- Adhere to the facility manual and relevant work instructions and/or Safe Operating Procedures for your area of responsibility.
- Adhere to the School & FH&F policies and guidelines as required to achieve best practice and maintain consistency across all staff.
- Contribute to the Centre as an active member of the team.
- Report any maintenance of the group fitness room and/or equipment to the Gym Manager.
- Other duties as required within the scope of your skills and training.
- To assist the Gym Manager in the creation of content for FH&F social media pages and groups to increase community engagement.

Delegations

- Nil

Supervision of positions

- Nil

Key relationships

- Centre Manager
- Assistant Manager
- Centre staff
- Members and Users of the Centre