Position Description

Position Title: Aerobics Instructor
Department: Health and Recreation
Position Code: F0436
Date Prepared: 8/6/08
FLSA Status: ☐ Exempt ☒ Non-Exempt

Full Time: Yes ☐ No ☒

JOB SUMMARY:
The Aerobics Instructor prepares and teaches a fitness class.

ESSENTIAL JOB FUNCTIONS:
The employee in this position will have the following essential job functions:

- Prepare and teach a fitness class
- Instruct patrons in proper performance of the activities to minimize health risks and maximize performance
- Explain and enforce Health and Recreation Center policies and procedures when necessary
- Attend program meetings and in-services as scheduled

Performs other duties as may be assigned by supervisor.

EDUCATION:
The person in this position should have knowledge of health and fitness.

EXPERIENCE:
The person in this position should have an aerobic background.

SUPERVISION:
The person in this position will supervise no one.

The person in this position will report to the Director of Health and Recreation.

WORK ENVIRONMENT:
The person in this position will work in the gym which sometimes can be noisy, hot or cool.

EQUIPMENT:
The person in this position will use the following equipment: various fitness equipment, cd player, microphone and Access.