



## City of Isle of Palms, SC

**Department: Recreation**

**Position: Group Fitness Instructor, PT**

**Effective Date: August 1, 2023**

To apply visit the City website at: [Online Application for Employment \(cognitofirms.com\)](https://cognitofirms.com)

**Application Deadline: Until Filled**

### **General Purpose:**

The City of Isle of Palms Recreation Department is looking for a group fitness instructor for morning classes. Under the direct supervision of the Assistant Recreation Director, the group fitness instructor monitors, educates patrons on fitness and safety, and maintains a safe and enjoyable atmosphere for class participants.

### **Examples of Duties:**

- Teaches scheduled classes, beginning and ending on time; provides adequate warm-up exercises, stretching and cool-down.
- Instructs patrons on effective workout methods; explains proper techniques, demonstrates exercises; identifies different muscle groups, and teaches appropriate methods to strengthen specific muscles.
- Prepares appropriate equipment and music for class.
- Assists patrons, answers questions, and maintains a positive exercise experience for class participants.
- Keeps management informed of customer and facility needs, checks in class participants.
- Ensures that safety standards are met, and that department and facility policies are adhered to.
- Performs related duties as required.

### **Education and Experience:**

- General Group Fitness Certification for freestyle classes including ACE, AFFA, IFTA or equivalent.
- Current CPR certification

### **Knowledge, Skills and abilities:**

- Working knowledge of human anatomy, kinesiology, and training principles.
- Knowledge of group fitness teaching strategies and the incorporation of music, tempo, cueing technique, and rhythm.
- Choreography and music skills.
- Ability to be professional and motivate class participants.
- Ability to cooperate and work well with other staff members.

### **Compensation:**

- Percentage of revenues brought in by class