



JOB TITLE: Group Fitness Instructor
DEPARTMENT: Utah State University Campus Recreation
REPORTS TO: Coordinator of Fitness & Wellness

Job Summary

Group Fitness instructors lead participants through safe, effective, and fun exercise classes. The position will mainly focus on providing weekly classes that are inclusive to individuals of all fitness levels. Group Fitness instructors can lead classes such as: barre, yoga, spin, strength training, functional fitness, Zumba, and more.

Job Duties

- Create effective, high-energy classes that drive member engagement and retention
- Teach weekly scheduled classes and substitute when needed
- Adapt class format and exercises to fit participant needs
- Assist in special events and programs
- Attend monthly staff meetings, complete monthly staff training modules, and additional meetings when necessary
- Possess an enthusiastic, passionate, and ambitious personality
- Follow all policies and procedures outlined in the fitness policy manual
- This position description indicates the general nature and level of work performed by employees within this classification. It is not designed to contain or be interpreted as a comprehensive list of all duties, responsibilities, and qualifications required of employees assigned to the position.

Physical Requirements

- High energy and endurance to teach fitness classes
- Physical effort required for daily duties includes lifting heavy weights, squatting, bending, reaching, and prolonged standing and walking. Must be able to frequently lift and/or move up to 45+ pounds

Required Qualifications

- Certification from a nationally recognized organization
- CPR/AED and First Aid certification
- Pass an audition prior to hire
- USU student or spouse of USU student

Preferred Qualifications



- A degree in a fitness-related field
- Prior experience teaching group fitness classes

Position Details

- The position reports to the Coordinator of Fitness & Wellness
- Hourly wage starts at \$11/hour
- Employees can expect to work a minimum of 20 hours per week

About Campus Recreation

The Department of Campus Recreation at Utah State University is housed in the Division of Student Affairs and is one of the most dynamic growing departments on campus. Campus Recreation provides wellness and healthy lifestyle-oriented programs, events, and services to Utah State University students and employees via five program areas: Aquatics, Fitness, Club Sports, Intramurals, Outdoor Recreation. Facility operations supplement the program area functions and provide seamless customer service to USU students, employees, and the community. Campus Recreation creates opportunities for students to enhance the college experience through play, wellness, and adventure. To learn more about Campus Recreation, visit our website at campusrec.usu.edu.