

JOB SUMMARY

Post Title	Group Fitness Instructor						
Job Family	<i>Service Delivery</i>	Pay Range	<i>SD06 + MS to SD09</i>	Line Manager to others?	No	Role profile ref	<i>SD06</i>
Service Area	Community Services / 1Leisure						
Line Manager	<i>Duty Managers</i>						
Location	<i>1Leisure (All sites)</i>						

Job Purpose

To ensure the smooth and efficient day to day running of Classes keeping them safe and operational at all times.
To ensure the highest standard of customer care, health and hygiene are maintained at all times.

Job Context (key outputs of team / role to provide some specific examples of role profile accountabilities)

- To instruct within the guidelines of your qualifications as directed by the Facility Manager.
- To Safely set up and break down any equipment used for the classes within the recommended guidelines.
- To ensure the health and safety rules of the facility are adhered to.
- Maintain good customer service observation to ensure the safety of class participants.
- To see that any equipment used is looked after and returned to appropriate storage areas.
- To ensure qualification are kept up to date with attendance at training course as required.
- To plan and create classes within the guidelines of your qualification.
- Smart appearance is essential at all times, wearing uniform, badge etc as supplied by 1leisure.

Knowledge, Skills and Experience

Role Profile requirements.	Job specific examples. (if left blank refer to left hand column)	Essential	Desirable
Reliable, responsible.	<i>Good timekeeping and a customer focussed attitude to the role.</i>	E	
Self-motivated with the ability to work to targets / deadlines.	<i>Plan and deliver a variety of group fitness classes, including but not limited to aerobics, strength training, yoga, and cycling.</i>	E	
Awareness and understanding of the customer's / businesses' needs.	<i>Foster a positive and inclusive atmosphere, encouraging participants to achieve their fitness goals.</i>	E	
Evidence of practical experience in an appropriate work environment and ability to advise others on relevant issues.	<i>Demonstrate exercises and techniques, providing modifications as needed to accommodate different fitness levels.</i>	E	
Safe and competent use of relevant equipment / tools.	<i>Monitor participants to ensure proper form and prevent injuries with or without the use of specified equipment.</i>	E	
Knowledge of relevant health and safety procedures.	<i>Maintain up-to-date knowledge of fitness trends and best practices.</i>	E	
Ability to communicate clearly with sensitivity and empathy to build trust both one to one and with groups.	<i>Provide excellent customer service, addressing any questions or concerns from participants.</i>	E	
Ability to explain technical / legislative information with clarity and patience.	<i>Demonstrate exercises and techniques, providing modifications as needed to accommodate different fitness levels.</i>	E	
Ability to follow routines, carry out set plans, record and monitor information accurately.	<i>Ensure the cleanliness and organization of the fitness area and equipment. Including carrying out & recording safety checks on studio equipment.</i>		D
Literate and numerate.		E	

JOB SUMMARY

Practical knowledge of ICT systems.	<i>Use of Microsoft word to produce lesson programmes</i>		D
Able to maintain accurate records as and when required.	<i>Recording of lesson plans for future use.</i>	E	
Qualifications			
Role Profile requirements.	Job specific examples. (if left blank refer to left hand column)	Essential	Desirable
May require relevant certifications including evidence of fluency in English language.		E	
GCSE level qualifications or equivalent experience			D
Relevant qualification in discipline applying for (e.g. (Dance, studio Cycling, strength & conditioning, Yoga, Pilates, Core, etc)		E	
First Aid at work certificate			D
Other Requirements			
Flexible around working hours			
Must be fully able to perform the physical aspects of the role			
Organisation Structure (optional)			