

Fitness Instructor Job Description

Duties & Responsibilities

- Instruction of fitness class during the scheduled days and times in accordance to fitness schedule and contract.
- Ensure all participants have registered for a fitness pass or are UFV students, and have completed a waiver prior to their participation in fitness classes.
- Inform participants of the rules and regulations, as well as safety concerns related to the activity
- Develop fitness routines which follow proper technique and are appropriate for the group of participants at the time of each class.
- Beginning and ending fitness class on time; with adequate warm-up, exercises, stretching, and cool-down.
- Enforce all facility and program policies and ensure safety standards are met.
- In the case of an accident or injury, follow emergency procedure as outlined in orientation and submitting the appropriate injury report form to Program Manager.
- All qualifications, certificates and insurance must be maintained and submitted.

Qualifications and Educational Requirements:

- Current First Aid/CPR and AED certification
- Preferred but not required, working towards or completion of Kinesiology degree
- Must accredit group fitness/Pilates/Yoga certification (must present certification):
 - BCRPA
 - Canadian Fitness Professionals (Can-Fit-Pro)
 - Canadian Society for Exercise Physiology (CSEP)
 - American College of Sports Medicine (ACSM)
 - National Strength and Conditioning Association (NSCA)

Competitive wage