



## **JOB DESCRIPTION**

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### **GROUP EXERCISE INSTRUCTOR**

**REPORTS TO:** Group Exercise Coordinator

**SUBORDINATE POSITIONS:** Nil

**AWARD:** Fitness Industry Award 2010

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### **JOB SUMMARY**

The Group Exercise Instructor is responsible for conducting safe, enjoyable and professional fitness classes to our members, as well as promoting the use of facilities to students, staff and non-members. The Group Exercise Instructor will have a welcoming friendly, helpful and a committed approach to delivering exceptional and safe class instruction.

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### **CUSTOMER SERVICE:**

1. Deliver enthusiastic and engaging customer service
2. Ensure member safety 100% of the time
3. Provide First Aid wherever necessary

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### **FINANCIAL CONTROL:**

4. To contribute to business unit profitability through effective use of resources
5. Follow all applicable Pulse financial Policies and Procedures

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### **PEOPLE AND CULTURE:**

5. Support and promote Pulse values in every aspect of your work, abiding by the Pulse Code of Conduct
6. Maintain positive relationships with all user groups and members

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### **BUSINESS PROCESS AND INNOVATION:**

1. Support the Group Exercise Coordinator and assume other duties as required and as opportunity presents
2. Attend all team meetings
3. Suggest policy and process improvements to your supervisor where gaps are identified
4. Ensure the utmost safety of all patrons at all times

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### **OTHER:**

5. Carry out any other duties commensurate with the nature and level of the position

**JOB DESCRIPTION**  
**GROUP EXERCISE INSTRUCTOR**

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**UOW**  
**PULSE**

**WORK HEALTH AND SAFETY:**

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1. Maintain a clean and safe work environment while complying with all UOW Pulse safety policies and procedures.
2. Work within guidelines as detailed in the relevant Safe Work Procedures.
3. Report all workplace accidents and hazards to your supervisor. Implement immediate action for identified hazards if able to do so safely.
4. Participate in workplace consultative meetings as required and recommend improvements to relevant Safe Work Procedures.
5. Ensure that all tasks are conducted in a manner consistent with the Safe Work Procedures.

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

Employee

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

Manager



**PERSON SPECIFICATION**

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**Knowledge and Skills**

- Proven experience in delivering exercise instruction to classes
- Excellent verbal communication and the ability to develop positive relationships with students, members, and participants.
- Ability to problem solve and work within a team environment
- A strong customer service orientation
- A strong team work ethic

**Education and Experience**

- Current Certificate III in Fitness with Group Exercise specialty or Les Mills Gel Qualifications
- Current Australian Fitness Registration
- Specialty Accreditation in Specific Group Exercise Class
- Current First Aid Certificate and CPR Certificate
- Acceptance by the Commission for Children and Young Persons, under the Working with Children Check

**Personal Attributes**

- Energy, enthusiasm and a desire to help people
- Ability to work some flexible hours to meet business demands

**Special Job Requirements**

- Operations are subject to seasonality and rostered hours may change to meet the demands of the facility and our members.

***All applicants are strongly advised to address each criterion individually in their application***