**Job Title:** Contract Fitness Class Instructor

**Department:** Parks & Recreation

**Reports to:** General guidance of Fitness Coordinator

**Status:** Independent Contractor

**Pay Range:** Percentage or Per Class Rate (agreed to contract terms)

**Position Summary**

This contract position is responsible to support the City of Merriam’s mission in providing fitness instruction to our community center patrons; this includes instruction, education, and following appropriate safety measures while providing a safe and enjoyable atmosphere for class participants. This position will promote member wellness and engagement to participants with a variety of fitness backgrounds and physical abilities.

**Essential Functions and Duties**

* Teach scheduled classes that begin and end on time.
* Provide adequate warm-up, exercises, stretching, and cool-down in the allotted time.
* Monitor and record accurate class attendance.
* Assist patrols, answer questions, and maintain a positive exercise experience for members and class participants.
* Prepare class plans, organize relative equipment, set-up and take-down materials used for instruction; responsible for finding a dependable, appropriate substitute upon absence.
* Take a participative approach to group fitness classes, rather than a command-response style (i.e., the instructor is active with the participants while still maintaining adequate supervision).
* Give pre-class instruction, introduce self, greet class participants, ascertain names of participants, gather information regarding limitations or injuries and give preview of class.
* Modify exercises for special populations (injuries, back problems, pregnancy, etc.).
* Support members in achieving their goals related to healthy living.
* Maintain working-knowledge of wellness and trends to provide effective information and support to guests and staff; display commitment to maintaining certification and continuing education requirements.
* Promote a positive environment, as you are representing our city.

**Qualifications:**

* One of more years of teaching experience
* Must submit to a pre-contract background check
* May be asked to demonstrate a fitness class before contract negotiations begin

**Licensure/Certification Requirements:**

* CPR/First-Aid certified or able to obtain within one month of hire.
* Current instructor certification relevant to your class (ex. ACE, ACSM, AFAA, NDEITA Yoga Alliance, NASM, NCSF,) or other nationally recognized organization.
* Certified in field of specialty (yoga, Pilates, Zumba, kickboxing, strength training, etc.).

**Knowledge, Skills, and Abilities:**

* CPR/First-Aid certified or able to obtain within one month of hire.
* Current instructor certification relevant to your class (ex. ACE, ACSM, AFAA, NDEITA Yoga Alliance, NASM, NCSF,) or other nationally recognized organization.
* Certified in field of specialty (Yoga, Pilates, Zumba, Kickboxing, Strength training, etc.).
* 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.