



**Company:** The Waterside Spa at Diamond Mills

**Job Title:** Fitness Instructor

A group fitness class instructor plays a crucial role in leading and guiding participants through various fitness activities in a group setting. The Waterside Spa is looking for a variety of instructors who are able to lead Pilates, yoga, meditation, stretch, cardio, spin and more:

**Responsibilities and Duties Including but not Limited to:**

**1. Class Preparation:**

- Plan and create structured and engaging fitness routines or workouts suitable for the target group and fitness level.
- Select appropriate music and equipment for the class.

**2. Instructor Guidance:**

- Lead group fitness classes effectively, demonstrating proper techniques and form.
- Provide clear and concise instructions to ensure participants understand and execute exercises correctly and safely.
- Offer modifications or variations for exercises to accommodate participants with different fitness levels or special needs.

**3. Motivation:**

- Create a positive and motivating atmosphere to encourage participants to achieve their fitness goals.
- Use verbal cues, positive reinforcement, and enthusiasm to keep participants engaged and motivated throughout the class.

**4. Safety and Injury Prevention:**

- Ensure the safety of participants by monitoring their form and technique.
- Be prepared to respond to emergencies or injuries, including knowledge of CPR and first aid procedures.
- Maintain and update knowledge of fitness industry trends and safety guidelines.

**5. Equipment Maintenance:**

- Ensure that all fitness equipment is in good working order and properly set up before the class.
- Report any malfunctioning equipment to the Spa Director.

**6. Customer Service:**

- Provide excellent customer service by addressing participants' questions and concerns before or after class.



- Build a rapport with class attendees to create a sense of community and encourage retention.

**7. Schedule Management:**

- Maintain a regular class schedule, including punctuality and adherence to class duration.

**Qualifications:**

**1. Certification:**

- Hold a nationally recognized fitness instructor certification such as ACE, NASM, ACSM, or a similar credential.
- Specialty certifications may be required for specific class formats (e.g., Zumba, yoga, spinning).

**2. Professionalism:**

- Reliable and punctual.
- Maintain a professional appearance and demeanor.

**3. Knowledge:**

- A strong understanding of exercise physiology, anatomy, and biomechanics.
- Familiarity with different fitness modalities and class formats.

**4. Communication Skills:**

- Excellent verbal communication skills to effectively instruct and motivate participants.
- Good interpersonal skills for building rapport with class attendees.

**5. Emergency Response Skills:**

- Knowledge of CPR and basic first aid procedures.

**Pay:**

- Hourly rate based on experience, \$25-30 per hour

**Schedule:**

- Full-time and Part-time positions available
- Flexible schedule which may include day, evening, weekends and holidays per demand

**Benefits:**

- Full time employees qualify for health insurance after 90 days, participation in a 401K and paid vacation

**Perks:**

- 40% discount on spa products lines
- 20% discount on retail boutique items
- 40% discount on Spa Services (off peak days/times)