

Fitness Instructor and Personal Trainer

Ken-Caryl Ranch Metropolitan District

JOB SUMMARIES

Both of these positions are directly supervised by the Fitness Coordinator, and will assist in a variety of areas, including, but not limited to:

- Instruct aerobic-based group fitness classes to community members. Formats offered by the fitness program include, but are not limited to, low-impact aerobics, senior exercise programs, SilverSneakers classes, circuit training, strength training, Zumba, Group Cycle, Yoga and Pilates.
- Educate participants on proper and safe exercise form.
- Enforce policies and procedures in group fitness and gym/equipment activity areas.
- Maintain group exercise/personal training certification.

Job Requirements

- Group Fitness Instructor: ACE, AFAA, ACSM
- Personal Trainer: NASM, ACE, ACSM, ISSA, NSCA
- Cycle Instructor: Nationally recognized certification
- Boot Camp- Personal Training certification or Group Fitness Certification
- Zumba®- Zumba certification
- Silversneakers®- Silversneakers® certification

Supervision Received:

Receives general supervision from the Fitness & Wellness Coordinator.

ESSENTIAL QUALIFICATIONS (Knowledge, Skills, and Abilities)

Experience:

- Experience working with a wide array of populations and/or conditions.
- Minimum of 6 months teaching/training experience.

Licensure/Certification/Registration:

Current CPR *

**refer to specific certification requirements above*

Other Knowledge, Skills, and Abilities:

- Awareness and recognition of exercise contraindications
- Adherence to class format
- Reliable and punctual
- Recognition of safety concerns
- Working knowledge and aptitude in fitness
- Possess strong customer service and interpersonal skills and ability to communicate
- Ability to make sound decisions
- Strong organizational skills
- Ability to use a computer, knowledge of Microsoft Word and/or time entry system
- Ability to establish and maintain effective relationships with other Metropolitan personnel and the general public
- Experience in large group presentations highly recommended
- Ability to recognize deficiencies in class and make necessary modifications as needed

- Proficient in teaching to the beat of the music (32-count)*
- Willingness to encourage participation in other fitness programs offered by KCRMD

To apply, please submit a resume to janetr@kcranch.org.