



## CLASS SPECIFICATION

Class Title: Group Fitness Instructor  
Department: Health - Senior Services  
FLSA: Non-Exempt

Class Code: 5500  
Eff. Date: 06/13/17  
Grade: 13

### GENERAL PURPOSE

Under the general guidance and direction of the Senior Centers Manager teaches an older adult curriculum (EnhanceFitness) that includes flexibility, aerobics, strength and balance training.

EXAMPLE OF DUTIES (Any one position does not include all of the duties listed; nor do the listed examples include all duties which may be found in positions of this class.)

Organizes class space.

Demonstrates, explains and leads the proper exercise activities; provides pertinent information about precautions and safety of exercising, especially during strength training. Instructs participants in the importance and relevance of fitness testing and conducts fitness tests per prescribed protocols.

Adapts exercises for the level of strength or frailty of each participant.

Participates in training opportunities provided by EnhanceFitness sponsors.

Assists with the recruitment and enrollment of participants. Completes administrative record keeping functions, including health history forms, physical notification letters, class roster report, and evaluations.

Stores all equipment and returns room to original arrangement.

Travels to various class sites and meeting locations on a regular basis.

Performs other related duties as assigned.

### MINIMUM QUALIFICATIONS

1. Education and Experience:

Must possess a current nationally recognized fitness instructor certification (e.g., AFAA, ACSM, ACE, NCCPT, NETA, AFPA), **OR** graduation from an accredited college or university with a Bachelor's Degree in Exercise and Sports Science.

Preference for the following:

- Applicants who have successfully completed the EnhanceFitness New Instructor Training.
- Work experience teaching fitness classes to older adults or special needs populations.

2. Special Qualifications:

Successful completion of the EnhanceFitness New Instructor Training or must complete training within 30 days of hire date.

Must pass a criminal history background investigation.

Must furnish personal transportation for on-the-job travel; employees driving a personal vehicle while on county business must maintain the minimum vehicle liability insurance as specified in the Utah Code.

Must possess a valid driver license; new employees with an out-of-state license must obtain a valid Utah Driver License within sixty (60) days of hire date (exceptions for military personnel and their dependents).

Must operate a motor vehicle in a safe manner and in compliance with all Utah laws and regulations.

3. Necessary Knowledge, Skills and Abilities:

Considerable knowledge of: chronic diseases, special needs, and issues pertaining to older adults. Basic knowledge of motivational and counseling techniques. Working knowledge of: department and County policies, procedures, and practices.

Skill in using a keyboard and all applicable computer hardware and software applications, including MS Word and Excel.

This position requires the driving of a motor vehicle; skill in operating a motor vehicle in a safe manner; ability to insure motor vehicle is operating in a safe manner; knowledge of Utah motor vehicle rules and regulations.

Ability to: work with minimum supervision, functioning independently to accomplish duties/responsibilities; organize time and manage deadlines; relate to older adult students; provide excellent customer service; perform routine clerical duties; lift, carry, and otherwise move objects weighing up to 15 lbs.; follow written and oral instructions; communicate effectively (orally and in writing); establish and maintain effective working relationships with supervisors, employees, participants, contractors/vendors, other agencies and the general public.