

**Richland County
Position Description**

Name: _____ **Department:** Symons Recreation Complex
Position Title: Exercise Instructor **Pay Grade:** _____ **FLSA:** _____
Date: _____ **Reports To:** Symons Complex Director

Purpose of Position

The purpose of this position is to conduct exercise classes at the Symons Recreation Complex for Richland County and the City of Richland Center.

Essential Duties and Responsibilities

The following duties are normal for this position. These are not to be construed as exclusive or all-inclusive. Other duties may be required and assigned.

- Designs and conducts aerobic exercise classes both in water or on land including; movements and intensity levels appropriate to fitness level of participants, and a total body fitness workout is achieved.
- Instructs clients on proper and safe exercise techniques.
- Schedules class times and keep clients informed through work-of-mouth and written means of schedule.
- Records and monitors client attendance.
- Monitors exercise literature for new information and ideas.

Minimum Training and Experiences Required to Perform Essential Job Functions

High school diploma and prior experience, teaching aerobic exercise or any combination of education and experience that provides equivalent knowledge, skills, and abilities. Possess CPR and first aid certification.

Physical and Mental Abilities Required to Perform Essential Job Functions

Judgment and Situational Reasoning Ability

- Ability to apply teaching, leadership and reinforcement principles to perform tasks.
- Ability to use independent judgment in regularly non-routine situations.

Language Ability and Interpersonal Communication

- Ability to communicate effectively with class members while exercising, other recreation complex staff, Director.

- Ability to understand health and fitness magazines and books, and health history forms.
- Ability to prepare class statistics sheets, time schedules, and class punch card system.

Mathematical Ability

- Ability to add, subtract, multiply and divide.

Physical Requirements

- Ability to perform a variety of movements from simple to extremely precise during exercise and demonstrating techniques.
- Ability to maintain good cardiovascular condition.

Environmental Adaptability

- Ability to perform exercise in a recreation complex setting with exposure to chemicals, humidity from swimming pool.

Richland County is an Equal Opportunity Employer. In compliance with the Americans with Disabilities Act, the County will provide reasonable accommodations to qualified individuals with disabilities and encourages both prospective and current employees to discuss potential accommodations with the employer.

Employee's Signature

Supervisor's Signature

Date

Date