



# Job Description

**Department:** Campus Recreation  
**Position Title:** Fitness Instructor – Student Assistant  
**Time Base:** Maximum 20 hours/week

**Position Reports to:** Fitness & Wellness Coordinator  
**Exempt or Non-Exempt:** Non-Exempt

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## PURPOSE OF POSITION:

The successful candidate will participate in the development and teaching of fitness classes and programs.

*Average number of instructed classes per a week will be 1-5 max unless subbing for other instructors or other approved circumstance. Additional hours can be offered under the **Fitness and Wellness Student Assistant position** within Campus Recreation.*

## Positions Requirements

- Must be continuously enrolled at least half-time during the academic year. Undergraduate students (including credential students) must be continuously enrolled for a minimum of 6 units. Graduate students must be continuously enrolled for a minimum of 4 graduate level units
- Must maintain a minimum cumulative GPA of 2.0
- Must remain in good standing with the University
- Must be able to lift up to 50 pounds
- Kinesiology Major or related field (*desired but not required*)
- Current CPR/AED Certification
- Instructor Certification or willing to obtain within three (3) months of hire

## Responsibilities include, but are not limited to:

- Teaches scheduled classes, beginning and ending on time; provides adequate warm-up, exercises, stretching, and cool down. Instructs patrons on effective workout methods; explains proper techniques, demonstrates exercises; identifies different muscle groups, and teaches appropriate methods to strengthen specific muscles.
- Prepares appropriate equipment, music, and handouts for each class as required.
- Assists patrons, answers questions, and maintains a positive exercise experience for members and class participants.
- Keeps management informed of customer and facility needs.
- Ensures that safety standards are met, and that department and facility policies are followed.
- Other duties as assigned

**Hourly Rate:** Starting at \$17.50/hour