



## **Job Description**

**TITLE:** Yoga Instructor / Group Exercise Instructor

**EFFECTIVE DATES/TIMES:**

Tuesdays, 5:45-7pm:  
July 30 - Nov. 26

**LOCATIONS:**

BrittFit Family Fitness Studio  
147 College Street, Wadsworth

**MINIMUM REQUIREMENTS:**

- Certified in Group Exercise or Yoga, must provide proof of certification.
- Certified in CPR/AED for adult, child and infant, must provide proof of certification.
- Kid-familiar, kid-friendly
- Must have an understanding of how to modify exercises within the class setting. Helpful if instructor also has understanding of appropriate modifications for pre and postnatal fitness and the inclusion of children within a workout environment.

**DUTIES:**

- This person would be required to instruct 1 fitness class per week, 6 weeks at a time.
- The basic curriculum would be provided as well as tips for making class go smoothly with the inclusion of kids in the workout environment.
- Instructor would begin and end on time, prepare appropriate equipment, toys, kid-friendly music and handouts (provided) for each class.
- Instructor would demonstrate exercises and proper techniques, identify different muscle groups, and teach appropriate methods to strengthen specific muscles.
- Adjust exercises to safely include children of all ages when necessary ensuring each participant is given the best chance of obtaining their workout regardless of his/her family dynamic.
- Unlock and lock-up facilities when entering and exiting the premise when necessary. Keep Brittany informed of special circumstances that might require her or facility management's attention.
- Responsible for arriving 15 minutes before class start time to set up class materials and welcome guests.
- Help participants with check-in through app.
- Help create welcoming environment inclusive of all family sizes and styles.
- Encourage participants to talk openly before and after class to better get to know each other.
- Administer first-aid, CPR/AED if needed and ensure safety standards are met.