

JOB DESCRIPTION

Community and Leisure Leisure Services	
POST: Fitness Class Instructor	POST NO: PAY RATE: Fitness Class Instructor- Pilates/Yoga
RESPONSIBLE TO: Senior Duty Officer – Health and Wellbeing	RESPONSIBLE FOR: None

This job description is intended as a working document only, giving a guideline to the major tasks to be performed. It is anticipated that the post will develop and working practices change in order to meet the demands of the service, new legislation or policies of the Council. It is expected that the post holder will contribute to and assist in the development of such changes.

JOB PURPOSE

The role of Fitness Class Instructor is to design and deliver current, effective and popular group exercise classes within correct guidelines. The role aims to develop and enhance the health and wellbeing opportunities offered within the BCP Council.

KEY ROLES

1. Design and deliver modern and popular group exercise classes within correct guidelines for health and wellbeing.
2. Monitor and evaluate the progress and safety of all participants.
3. Actively promote exercise classes, offers and opportunities for all fitness users.
4. Other

KEY TASKS

- 1. Design and deliver modern and popular group exercise classes within correct guidelines for health and wellbeing.**
 - a) Design and deliver innovative group fitness sessions, in accordance with relevant health and safety guidelines.
 - b) To arrive prior to the commencement of each class to check that the equipment meets the class needs and is safe and fully operational.
 - c) To structure and implement any sessions to follow relevant guidelines and structure for fitness classes.

2. Monitor and evaluate the progress and safety of all participants.

- a) Monitor all exercise classes to ensure they meet relevant health and safety guidelines. Ensure any issues are reported to the relevant Duty Officer or Line Manager.
- b) Monitor and evaluate all classes and participants to ensure they are relevant, innovative, engaging and beneficial to each user.
- c) Proactively ensure any equipment utilised during classes is clean, in appropriate working order and as you would expect to find it. Report any issues to the relevant Duty Officer or Line Manager.

3. Actively promote exercise classes, offers and opportunities for all fitness users.

- a) Be innovative and contribute facts, information, appropriate images and feel good stories to promote and develop the group exercise classes.
- b) Monitor and proactively report any out of date health and wellbeing literature, ensuring effective signposting and advice to support customers in understanding the opportunities available to them.
- c) Proactively advertise all health and wellbeing opportunities to all group exercise class participants, including; membership options, group exercise classes, referral opportunities and other facility offers.

4. Other

- a) To wear suitable clothing when teaching, maintaining a high personal standard and appearance.
- b) Arrange cover from current staff list for any planned absences. (except agreed holiday).
- c) Cross-site working, where applicable, to ensure the overall effective and efficient delivery of all Partnership group exercise classes.
- d) Proactively research developments in health and wellbeing standards and methods of best practice to ensure all Partnership fitness opportunities are relevant and effective.
- e) Maintain and update appropriate qualifications, where applicable, and proactively seek to develop relevant skill sets.

Signed: _____

Date: _____