

Group Fitness Instructor

Ferrum Fitness is seeking a Group Fitness Instructor to lead group fitness classes for our gym members. We are looking for a well-rounded instructor who can teach our members the proper techniques for participating in various activities, such as cycling, TRX suspension training, functional fitness, Silver Sneakers, Yoga, weightlifting, and other low- and high-impact exercises. Our ideal candidate has a background and certification in one or more of these areas and a passion for helping others adopt healthy lifestyles through fitness and nutrition.

Group Fitness Instructor Duties and Responsibilities

- Provide instruction for fitness classes
- Tailor each class to the participants, paying attention to people's age, fitness levels, and any injuries or health concerns
- Assist participants throughout the class
- Ensure participant safety by monitoring techniques and equipment usage
- Foster an inclusive environment for members
- Utilize wellness software appropriately

Group Fitness Instructor Requirements and Qualifications

- High school diploma or GED certificate
- Group fitness instructor training and certification
- CPR/AED certification
- Strong communication and interpersonal skills
- Attention to detail
- Ability to follow safety protocols