

## **Group Fitness Instructor – Level 2**

### 1. Nature and Scope of Work

The Group Fitness Instructor – Level 2 will lead exercise programs for youth, adults and seniors, focusing on functional exercises, balance, agility, cardiovascular fitness, strength, flexibility, mindfulness, and other health related fitness.

A Level 2 Fitness Instructor will teach specialized health, wellness and fitness programs where the instructor is required to have additional certifications and/or where programs are trademarked. These programs are often targeted to the specific needs of the participants, such as; aging populations, pre and post-natal fitness, mindfulness, etc.

Examples of these programs are; Yoga, Yoyalates, Pilates, Zumba, Dancefit, Prenatal Fitness, Tai chi and Qigong classes. Additionally, a Level 2 instructor can teach specialized health-related fitness programs with certifications in; Osteofit, Arthritis, Dementia, Parkinson's etc.

### 2. Illustrative Examples of Work

Provides direct instruction, leadership and program management for a specific activity/interest.

Prepares the room and equipment necessary for instruction prior to the start of the session.

Prepares a course outline including class content.

Welcomes participants and provides accurate and enthusiastic feedback.

Keeps accurate attendance records and prepares reports.

Under the direction of the Program Coordinator conducts qualitative and quantitative customer feedback surveys on a quarterly basis.

Maintains a safe and clean work environment.

Ensures program equipment is safely stored following end of class.

Attends scheduled in-service training sessions.

Performs related work as required.

### 3. Required Knowledge, Abilities, and Skills

Good working knowledge of program topic.

Ability to give instruction in a safe controlled and organized manner.

Adaptability – willingness to be flexible in a changing work environment.

Establishes and maintains respectful and cooperative working relationships.

Communicates effectively with others.

Recognized and acts to resolve problems.

Provides excellent service to both internal and external customers.

Supports the established policies and objectives of the City and the Division in all areas of activity.

#### 4. Desirable Training and Experience

Applicants must hold a current Group Fitness BCRPA certificate or related equivalent with one of more fitness-related modules, i.e. Older Adult, Osteofit, Indoor Cycling, 3<sup>rd</sup> Age Certification, Boot camp & Circuit classes, TRX/Suspension training, Adapted Fitness Instructor and have experience planning and leading group fitness and/or cycle classes.

#### 5. Required Licenses, Certificates and Registrations

- Current Group Fitness Instructor Certification – BCRPA or related equivalent
- Valid and ongoing continuing education credits in BCRPA
- Current First aid and CPR
- Other certification related to the activity, such as; Zumba certification and Zin registration, Dance fitness designation, Yoga certification, Pilates Certification, etc.

Copies of relevant professional certificates will be required at the time of the interview.