

Recreation and Wellness Center

Group Fitness Instructor

Department Mission:

Campus Recreation's mission is to enhance lives by providing outstanding recreational opportunities and experiences for the diverse UMSL community. Stay. Play. Connect.

Position Responsibilities:

- To lead fitness and wellness classes for patrons.
- Instruct aerobic-based group fitness to students, faculty/staff and community members.
- Enforce policies and procedures set forth by the Recreation & Wellness Center in order to provide a safe and enjoyable class.
- Assume a leadership role as a professional in the area of exercise and group fitness
- Teach class with energy and enthusiasm.
- Obtain substitutes as needed and report the change to the appropriate professional staff member.

Requirements:

- Must be in good standing with the University.
- Displays a positive and friendly attitude.
- Willingness to learn, follow, and enforce rules and regulation.
- Excellent communication skills, especially using email.
- A current group fitness instructor certification or the ability to attend a workshop through the Recreation and Wellness Center
- Minimum GPA: 2.0

Compensation:

\$11.00-\$18.00 an hour

*Contingent certification(s)

New Staff Welcome & Training:

Sunday, April 25th 6-6:45pm

Thursday, April 29th-Tuesday, May 4th*

*One 1 hour training and one 5 hour CPR/AED/First Aid Certification

Friday, April 30th and/or Friday, May 7th – Time TBD