

Group Exercise Instructor

Jewish for Good serves as the vibrant hub where everyone belongs, nourishing the roots of local Jewish life. We provide engaging opportunities that deepen Jewish connections, knowledge, and relations to Israel, services for helping those in need; programs that foster healthy living; and pathways for charitable giving. We are located in the Levin JCC at 1937 West Cornwallis Road, Durham, North Carolina, 27705.

The Jewish for Good Health and Wellness Center offers more than a typical gym. Our holistic, inclusive approach to whole health wellness supports all bodies, inside and out, top to bottom.

Job Description

POSITION OVERVIEW:

The Group Exercise Instructor position is responsible for providing state of the art group exercise instruction that significantly contributes to each member's health and fitness goals. To develop and instruct fun, energetic and highly motivational group fitness classes for all fitness and skill levels.

This front line, part-time (hourly) position reports to our Group Exercise Lead.

RESPONSIBILITIES:

- Provide individualized instruction while leading the entire group fitness class.
- Provide safe group fitness class with a variety of movement and modifications.
- Inspire each participant to achieve his or her individual fitness goals.
- Ensure that personal or mechanical problems do not detract from the member's positive group fitness experience.
- Ensure the safety of all exercise participants at all times.
- Vary exercise routines while complying with established formats and standards.
- Exercise routines, music and class format must be designed according to ACE, AFAA, ACSM, NIA, ZUMBA, YOGA and TAI CHI guidelines where applicable.

- Monitor and record class attendance in ADP.
- Instruct a minimum of one class a week and strive for the required 8 minimum attendees.
- Additionally, we expect our instructors to:
 - Arrive at least 10 minutes prior to any Group Fitness class and be fully prepared for all classes.
 - Greet each member and guest with a smile and personalized comment.
 - Maintain music and microphone volume at an acceptable level during class.
 - Circulate around the exercise area while instructing.
 - Be available after to class for questions participants may have.
 - Leave the Group Fitness Studio area clean. The cleanliness of the Group Fitness Studio is each employee's responsibility.
 - Be a great ambassador for the Health and Wellness Center of Jewish for Good by continuing to learn member's names and inquire about their program and refer members where appropriate to other services.

Qualifications

REQUIRED QUALIFICATIONS:

- Current group exercise certification, such as ACSM, ACE, AFAA, etc. or equivalency and maintain certification standards.
- Must have current CPR/AED certification
- Minimum of one (1) year of group fitness instruction experience required.
- Must be at least 18 years of age
- Demonstrate the following personal skills:
 - Dependable and punctual
 - Strong leadership qualities
 - Energetic, enthusiastic and motivational with large groups
 - Excellent physical condition
 - Professional manner and appearance
 - Basic practical knowledge of human anatomy and kinesiology
 - Organized and creative
 - Good verbal and interpersonal skills

Position Benefits

As a part-time, hourly employee, this position is eligible for the following benefits:

- Free Individual Membership
- Discounts on programs and services
- Ongoing professional development aligned with career arch

Jewish for Good's Non-Discrimination Statement

Jewish for Good at the Levin JCC is an organization based on Jewish values. All Jewish for Good programs are open to anyone who wishes to participate, regardless of religious affiliation or background.

Jewish for Good Hill does not discriminate on the basis of sex, sexual orientation, gender expression, age, race, ethnic origin, color, religion, nation origin, creed, marital status, disabled veteran status, or the presence of any sensory, mental, and/or physical disability that does not prevent the performance of the specific core tasks of this position.

Apply

APPLY ONLINE

www.jewishforgood.org/our-team

QUESTIONS?

Contact Katrina Dooda, Group Exercise Lead
kdooda@jewishforgood.org or 919-354-4940