

# Cottonwood Heights

Parks & Recreation

## POSITION OPENING INDOOR CYCLING INSTRUCTOR

**SPECIAL WORKING CONDITIONS:** Non-seasonal, part-time, non-benefitted staff.

**SALARY RANGE:** \$21 - \$26 per class, DOE; all part-time employees receive a free premium family membership with employment.

### QUALIFICATIONS:

1. Must be at least 18 years of age.
2. Indoor cycling certification required. Preferred certifications are Spinning or Schwinn Indoor Cycling Certification. Other indoor cycling certification may be accepted at the Recreation & Fitness Manager's discretion.
3. Current American Red Cross or American Heart Association CPR/First-Aid/AED certification, or ability to obtain within 30 days of hire.
4. Approved Criminal Background Investigation check if over 18 years of age.
5. Previous experience in group fitness instruction preferred.

**POSITION PURPOSE:** The Indoor Cycling Instructor is responsible for planning, preparing, and instructing indoor cycling fitness classes. The instructor should effectively communicate exercises to participants while following established safety protocols, as well as ensure that participants are safely participating at their personal fitness level.

### BASIC DUTIES:

1. Teach weekly classes as assigned.
2. Assist participants with bike set-up and adjustments.
3. Demonstrate proper exercise form and techniques.
4. Offer modifications for different fitness levels/abilities.
5. Follow department guidelines as instructed in the department handbook.
6. Maintain a professional appearance and attitude while teaching classes and communicating with patrons.
7. Prioritize safety at all times.
8. Prioritize and attend all staff meetings and assigned training.
9. Collaboration and communication with the group fitness coordinator.

RESUMES CAN BE SENT TO BONNIE LEE

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