



990 Pelham Parkway South ~ Bronx, NY 10461

☎: 718-792-1800 ~ 📠: 718-792-6802

🌐 [www.bronxhouse.org](http://www.bronxhouse.org)

## **Certified Group Fitness Instructor Job Description**

Established in 1911, Bronx House is the first and longest-running community center in the Bronx. Our mission, as a community center, is to offer dynamic educational, health, recreational and cultural programs that are enriching and meaningful. Guided values and traditions, Bronx House welcomes all people to engage in opportunities to lead a better life.

Bronx House is seeking a qualified individual who will deliver safe and enjoyable group exercise classes, while also providing outstanding service to ensure a healthy member experience.

### **Responsibilities:**

- Instruct fitness classes and/or small group trainings
- Perform with motivation and positive reinforcement
- Be informative and provide modifications
- Wear clothes that are athletic and appropriate
- Be aware of current fitness programs and trends
- Provide direction both verbally and visually
- Choose appropriate music and BPM
- Secure adequate and approved coverage
- Provide a proper warm-up and cool-down for all workouts
- Starting and ending classes on time
- Have a thorough knowledge of Bronx House emergency procedures and take appropriate action.
- Actively participate in training sessions, designated meetings and special events.
- Store all equipment neatly and appropriately in correct places

### **Qualifications:**

- High School diploma or equivalent
- Prior fitness industry experience preferred
- Must have certifications pertaining to fitness (specialized, Group Fitness, etc)
- Knowledge of fitness equipment
- CPR/First Aid/AED Certification
- Must have and maintain a Nationally Recognized Certification (ie: ACE, AFAA, NETA, NASM, ACSM, etc.) and/or a degree in Exercise Physiology

### **Disclaimer**



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The above statements are intended to describe the general nature and level of work being performed by people assigned to this classification. They are not to be construed as an exhaustive list of all responsibilities, duties, and skills required of personnel so classified. All personnel may be required to perform duties outside of their normal responsibilities from time to time, as needed.

For further information about this position or to send a resume, please contact  
Jessica Cruz, Aquatics Director at [jessica@bronxhouse.org](mailto:jessica@bronxhouse.org)