



Department: St. Mary's County Recreation and Parks
Division: Leisure & Wellness
Position: Group Fitness Instructor
Rate: \$28.00-30.00 per class (\$20.38/hour)
Job Location: R&P Wellness and Aquatics Center at Leonardtown
at CSM Leonardtown Camps
Hours: Part-time, contract; varies (1-3 classes per week) Mon-Sat

Supervision:

Supervisor: Leisure & Wellness Coordinator

General statement of duties:

St. Mary's County Recreation and Parks is seeking experienced youth and adult fitness instructors. Areas of interest include (but are not limited to): Yoga, HIIT, Aqua Aerobics, Barre, Pilates, Dance, Spin, Bootcamp, Self Defense and Therapeutic Recreation. Please indicate the type of class you would like to teach and the age group on your cover letter.

Requirements:

- Must be 21 years of age, in good health and qualified by previous experience
- Previous experience teaching, coaching or participating at a high level competitively with demonstrated knowledge, experience and effectiveness.
- Must be reliable and able to report to work each day prepared and be engaged with customers
- Any combination of acceptable education and experience, which has provided the necessary knowledge and skills to fulfill the requirements of this position, may be considered.
- Employment will be contingent upon successful completion of a criminal background check.

Preferred Qualifications:

- Current instructor certification relevant to your class (ex. Yoga Alliance, NASM, NCSF, ACE, ACSM, AFAA, NDEITA) or other nationally recognized organization.

Essential Duties

- Fitness Instructors are responsible for their own class itineraries and for providing a safe and healthy workout environment
- Greet participants and maintain healthy interactions on a consistent basis.
- Provide evaluation and feedback on participant progress per guidelines.
- Develop positive relationships with participants and provide motivational support and guidance.

- Follows all emergency and safety procedures. Completes incident and accident reports as necessary.
- Participates in staff meetings, trainings and events as scheduled.
- Maintains attendance records in an orderly and efficient manner.
- Upholds all policies, procedures, standards and code of conduct set by the department.
- Inform all students of safety rules associated with Recreation & Parks policies.
- Discuss any conflicts or questions about lesson, progression, and/or technique after class in a professional manner.
- Wear proper gym attire and follow the gym rules.
- Express and communicate only positive information about Recreation & Parks gymnastics, Recreation & Parks Staff, and Recreation & Parks Programs while employed by Recreation & Parks, while on duty, or in a public setting.
- Represent Recreation & Parks by putting positive principles into practice.

Working Conditions and Physical Requirements

- Must have the ability to stand for extended periods of time.
- Physical agility to lift up to 25 pounds to shoulder height and 50 pounds to waist height.
- Ability to bend, to stoop, to sit on the floor, to walk and to reach overhead.

To Apply: Email resume and cover letter to Crystal Haislip at crystal.haislip@stmaryscountymd.gov OR turn in to St. Mary's County Recreation & Parks Main Office at 23150 Leonard Hall Drive, Leonardtown, MD 20650.

Contact: Crystal Haislip, Program Coordinator at 301-475-4200 ext. 1806 or crystal.haislip@stmaryscountymd.gov