

*To perform this job successfully, an individual must be able to perform the essential job functions satisfactorily. Reasonable accommodations may be made to enable individuals with disabilities to perform the primary job functions herein described. Since every duty associated with this position may not be described herein, employees may be required to perform duties not specifically spelled out in the job description, but which may be reasonably considered to be incidental in the performing of their duties just as though they were actually written out in this job description.*

## Silver Sneakers Fitness/Aqua Instructor

**Department:** Recreation, Parks, Historic and Cultural Affairs

**Pay Range:** \$22-\$30/ Hourly

**Job Status:** Part Time; Day, Evenings and/or weekends

### JOB SUMMARY

The Silver Sneakers Fitness Instructor will provide enjoyable group fitness instruction through a variety of entertaining, educational, and fun classes promoting healthy lifestyles and positive self-esteem in a safe environment. They act as a fitness resource for class participants and maintain positive relationships with members to encourage continued class attendance.

### ESSENTIAL JOB FUNCTIONS

- Develop and instruct a variety of fun, energetic and motivational group fitness classes that utilize a chair for balance on Land classes(cardio and strength)
- Develop and instruct a variety of shallow water movement in water classes
- Educate participants on correct form and alternative moves during fitness routines
- Attentively listen to members, and answer questions as needed
- Ensure classes begin and end on schedule
- Display an energetic, enthusiastic and motivational attitude during classes

### MINIMUM QUALIFICATIONS

**Education and Experience:**

High school diploma or greater preferred. Minimum of 1-2 years of experience leading group fitness classes.

**Licenses or Certifications:**

- Driver License preferred
- Accredited Group Fitness certification (ACE, AFAA etc.)
- Silver Sneakers Certification
- Silver Sneakers Splash Certification
- Adult CPR Certification

**Special Requirements:**

- None

**Knowledge, Skills and Abilities:**

- Demonstrate leadership capabilities
- Adaptable and dependable with a solid attendance record.
- Working knowledge of human anatomy, kinesiology and training principles
- Organized and creative

**PHYSICAL DEMANDS**

The work involves moderate to vigorous activity which requires the ability to exert moderate physical effort, but which may involve some lifting, carrying, pushing and/or pulling of objects and materials of medium weight (10-30 pounds). Tasks may involve extended periods on your feet. Tasks also require the ability to perceive and discriminate colors or shades of colors, depth, texture, and visual cues or signals. Some tasks require the ability to communicate orally.

**WORK ENVIRONMENT**

Work is performed without exposure to adverse environmental conditions.

**The City has the right to revise this job description at any time. This description does not represent in any way a contract of employment.**

*The City of Roswell, Georgia commits to a policy of equal employment opportunity for applicants and employees, complying with local, state and federal laws. The City's policy is to employ qualified persons without discrimination regarding race, creed, color, religion, age, sex, country of national origin, marital status, disability, sexual orientation, gender identity, genetic information, political affiliation, ethnicity, or status in any other group protected by federal/state/local law.*