

Substitute Group Fitness Instructor

Description

Under the direction of the Outreach and Wellness Coordinator, Outreach and Wellness Manager, or other assigned staff, the Substitute Group Fitness Instructor provides class participants with a well-designed, physically safe program to serve the needs of the citizens of Urbana.

As a Substitute Group Fitness Instructor, you will seamlessly fill in for fitness instructors to provide a positive and safe fitness environment for all participants.

Responsibilities/Essential Functions

- Working at the skill and learning level of a particular class, carries out the plan for a class, explaining skills clearly to class participants, remembering safety at all times (including equipment usage, exercise modifications)
- Provide group fitness instruction that appeals to members of all ages and activity levels, working with individual participants to enable them to correct faults, improve self image, provide all necessary modifications, and progress their skills or abilities
- Prepares teaching area with necessary equipment and returns all teaching equipment to proper storage at the conclusion of each class.
- Performs basic class administration; including keeping accurate attendance, incident reports (as needed), accurately and efficiently submitting timesheets, and equipment requests

Location

Health and Wellness Center Group Fitness Room, Urbana, IL

Qualifications/Required Skills

- Currently possess a minimum of one nationally recognized Group Exercise Certification (Required)
- At least one-year experience as a fitness instructor (Preferred)
- CPR/AED certification (or willing to get/update within 6 months of hiring)
- High school diploma or GED
- Possess good speaking ability, and display an outgoing personality, enabling positive relationships with class participants
- Ability to individually lead a class, respond to safety and emergency situations, motivate and educate class attendees, and set up, move and store class equipment

Physical Effort and Work Environment

- Ability to move quickly
- Carry objects up to 30 pounds
- Stand/Walk for long periods of time
- Exerting sustained physical effort including- bending, reaching, squatting, crouching/kneeling, jumping, running, pushing/pulling/lifting/carrying objects and/or moving for the duration of the class or classes.

Schedule

Dependent upon which classes you are selected for, and your own availability. Classes run Monday through Friday, with morning, afternoon and evenings. Substitutes are needed for every class. The substituting schedule depends on the timing needs of our instructors.

Pay Range

\$18.00+/hour (dependent upon qualifications and/or experience)

Applicants must pass a background check prior to employment.

Date Written: 2024

Date Updated: January 2026 kkm