

Job Vacancy

Pride

Passion

Performance

Job Title

GROUP EXERCISE INSTRUCTOR

Description

CV Life is seeking to recruit enthusiastic and high calibre Group Exercise Instructors to join our ever growing and successful Lifestyles Health & Fitness team of Instructors.

This is an excellent opportunity for a dynamic and experienced instructor to deliver Group Exercise to Music Classes in a forward-thinking organisation ensuring the highest levels of customer satisfaction are experienced.

The successful applicants will be outstanding communicators and motivators who holds relevant industry recognised qualifications.

The successful applicants will be required to cover shifts for days, mornings, evenings and weekends as per our class timetable, therefore a flexible approach to working is essential.

Reference Number:

XL35

Closing Date:

31st December 2019

Department:

Health & Fitness

Hours:

Various positions available

Hourly Rate:

£18.00

Benefits

- Great development opportunities
- FREE health and fitness membership*
- FREE health and fitness membership for a family member or friend*
- FREE uniform for applicable roles
- FREE training for applicable roles
- DISCOUNTS on Centre activities*

(*not applicable to casual workers)

Find out more

For the latest job vacancies and application details visit www.cvlife.co.uk

If you have any enquiries, please contact our Human Resources Team by emailing recruitment@cvlife.co.uk

Job Description



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Job Title:	Lifestyles Group Exercise Instructor
Reporting to:	Fitness Operations Manager

Responsibilities for all employees

- To embrace and lead by example on the company's key values of PRIDE, PASSION and PERFORMANCE.
- To undertake your duties to the best of your ability and fully comply with all of the Company's general standards and those relating to your specific role.
- To support the Company's commitment to providing a safe environment for children and young people, ensuring awareness of the Company's Safeguarding Policy, Procedures and Practice Guidance, and to be vigilant, reporting any safeguarding concerns without delay.
- To attend and fully engage with all internal training and development requirements and opportunities, and maintain such qualifications as required by the demands of the role.
- To interact positively with customers adopting a friendly and professional approach at all times.
- To carry out tasks at a range of sites that are either operated or managed by the Company or where services are delivered by the Company.
- To be involved in any aspects or opportunities for sharing of good practice, expertise and responsibilities within the company. To generally help promote the work and public image of the company, always maintaining high standards of customer service and personal appearance.
- To undertake other duties and provide short-term cover where necessary, as specified by Management, which are appropriate to your qualifications, experience and general level of your position.

Overall purpose and objective of the role:

To assist the Fitness Operations Manager and 'Lifestyles' Manager in the daily operation of Group Exercise to Music classes.

Main duties of the role:

- To ensure the delivery of Group Exercise to Music classes safely, efficiently and to a high standard.
- To assist in promoting and publicising the Group Exercise timetable and its associated activities/programme, particularly to the target groups of the Company.
- To visit venues outside of the Centre to promote the activities of the Fitness Suite / Company.
- To erect and dismantle equipment as required for particular sessions.
- To be familiar with and work within all operating policies and procedures appropriate to provision of the exercise studio.
- To ensure that a high standard of customer care is maintained at all times, and to respond to all customer enquiries/complaints effectively and efficiently.
- To attend training/refresher courses as are appropriate to maintain qualifications and standards of good practice.
- To ensure that adequate standards of Health and Safety are maintained at all times, paying particular attention to the use of equipment.
- To ensure that the exercise studio is left in a clean and tidy state following the delivery of your class(es).
- To be aware and able to respond to all emergency situations in accordance with the procedures detailed in the Company's Health & Safety policy.
- To attend any relevant meetings as appropriate.
- The employee will be required to work and carry out the tasks as defined in the Employment Specification at a range of sites that are either operated or managed by the Company.
- To be involved in any aspects or opportunities for sharing of good practice, expertise and responsibilities between the facilities of the company.

This job description is neither exhaustive nor exclusive and may be reviewed and updated depending upon operational requirements and staffing levels.

Date: January 2019

Person Specification

Essential	Desirable
Personal attributes	
<ul style="list-style-type: none"> • Presentable in personal appearance. • Approachability to staff and customers. • Good level of self-motivation. • Outwardly enthusiastic and confident. • Show a flexible approach to work. • Provide support to others. • Good listener. • Professional pride. 	<ul style="list-style-type: none"> • Desire to further training and career development prospects.
Knowledge and Experience	
<ul style="list-style-type: none"> • Basic knowledge of working in the fitness industry. • General knowledge of Health and Safety practices surrounding Group Exercise classes. • Ability to work as part of a team or under own supervision. • Ability to use own initiative. • Good communication skills. • Good Customer care skills. 	<ul style="list-style-type: none"> • Experience of teaching Group Exercise classes.
Special skills	
<ul style="list-style-type: none"> • Ability to encourage and motivate others. 	<ul style="list-style-type: none"> • Basic IT knowledge and literacy.
General intelligence	
<ul style="list-style-type: none"> • Good standard of literacy and numeracy. 	
Qualifications	
<ul style="list-style-type: none"> • Y.M.C.A Exercise to music Instructor or equivalent. 	<ul style="list-style-type: none"> • Other fitness related qualifications. • First aid qualification • Health and Safety qualification • A wide range of Group Exercise qualifications and experience.

Circumstances

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| <ul style="list-style-type: none">• Ability to work unsociable hours including evenings, weekends and bank holidays. | <ul style="list-style-type: none">• Broader interest relating to sport and leisure.• Ability to travel between sites. |
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