APPALACHIAN STATE UNIVERSITY
University Recreation (UREC)
Fitness Instructor

The **Fitness Instructor** is primarily responsible for delivering inclusive, active, fun, and engaging Group Fitness classes. The Group Fitness classes will be comprised of one of the following major format categories (cardio, strength, mind/body, dance, and cycle). Fitness Instructors are an essential part of delivering fitness opportunities to our members as a part of a comprehensive Fitness program.

Supervisor: This position reports directly to **Graduate Assistant of Fitness**.
Hours: Fitness Instructor weekly hours will be based on class schedule. Minimum of two classes per week.
Salary: $11.75 per hour.

You will succeed at UREC if you are committed to:

- Exploring to find the best of you
- Bringing your positive and constructive attitude
- Connecting with others
- Being a team player
- Embracing and inspiring a vibrant, active, and healthy community
- Working in a flexible schedule that may require some evenings, weekends, and designated holidays

Join our team

Appalachian State University (App State) invites interested applicants for the position of **Fitness Instructor** to become a part of the UREC team as we facilitate an environment where recreation and wellness opportunities transform, engage, and care for the App State community.

Who we are

UREC fosters healthy lifestyles for lifelong wellbeing. You will join a UREC team that is creating an exciting environment, values collaboration, innovation, and is welcoming to all App State students, faculty and staff. At UREC we believe in a community with opportunities for everyone, with everyone. Learn more about us from our website.

Responsibilities include, but are not limited to:

- Provide innovative fitness classes to members by providing program information, guidance, demonstration, instruction, and feedback.
- Communicating University Recreation policies and procedures.
- Cultivate a campus culture that appreciates the benefits of an active lifestyle by serving as a positive and friendly role model.
- Lead safe, inclusive, fun, and effective fitness classes according to the assigned schedule.
- Design workout programs based on current research in the exercise and health sciences.
- Be able to teach and modify exercises to a diverse population and fitness levels.
- Maintain knowledge of and uphold facility and program policies and expectations.
- Use both physical and verbal communication to accommodate various learning styles of members.
- Cleaning and organization of all equipment at the conclusion of classes.
- Other duties as assigned.

Required qualifications:

- CPR/AED, First Aid Certification or ability to obtain within 21 days of first day of employment (UREC will provide this training upon hire).
- Complete the ACE Group Fitness course and successfully pass a fitness audition with the Fitness Leadership team. Or have a current accredited Group Fitness certification.
- Dedication to University Recreation and a desire to support its Mission, Vision and Values.
- Preference given to individuals who currently hold a valid fitness certification through ACE, NASM, ACSM or similar accrediting organization.

We are committed to facilitating your learning journey and creating unique opportunities for your career and self development. We encourage experiences at UREC to correlate with the NACE Competencies established through the National Association of Colleges and Employers.

How to apply:

- To apply for positions, please visit our website.
- For questions, please call (828) 262-6310 or email Logan Reynolds, Assistant Director of Fitness & Communications at reynoldsla1@appstate.edu.

Please be aware that to be eligible for student employment with UREC, you must be a current student enrolled at Appalachian State University and in good academic standing.

* This position is available for Federal Work Study *

Office of Disability Resources Accommodations: The Disability Resources (ODR) unit of Access & Opportunity is the designated office at Appalachian State University for promoting opportunity, access, and civil rights based on a disability. ODR oversees access needs, applicable University resources/supports, and eligibility of appropriate accommodations (adjustments, auxiliary aids/services and reasonable modifications) based on disability for students and visitors. ODR is also responsible for oversight of accessibility of programs, services and activities; disability compliance requirements; and the facilitation of removing existing disability-related barriers within the built environment. Individuals needing reasonable accommodations should contact the Office of Disability Resources (828) 262-3056 or odr.appstate.edu.

EEO Statement: Appalachian State University is an Equal Opportunity Employer. The University does not discriminate in access to its educational programs and activities, or with respect to hiring or the terms and conditions of employment, on the basis of race, color, national origin, religion, sex, gender identity and expression, political affiliation, age, disability, veteran status, genetic information or sexual orientation.