



Job Description	
Job Title	Sports Centre Class Instructor
Responsible to	Sports Centre Manager
Department	Cross-College Commercial Operations
Purpose of job and primary objectives	<ul style="list-style-type: none">• To plan, deliver and develop a range of fitness and/or wellbeing classes for the Clifton Group Fitness and Sports Centre community.• To promote health and wellbeing to both our educational and commercial users through modern methods and unique classes.• To plan and deliver classes for Clifton College pupils and staff.
Key Tasks and Responsibilities	<ul style="list-style-type: none">• To become fully familiar with all equipment prior to the class and ensure correct and consistent use by all participants.• To provide cutting-edge group fitness instruction through a variety of challenging yet entertaining classes that promote fitness and positive self-esteem in a safe and inclusive environment.• To conduct and organise engaging classes by: being fully prepared, beginning and ending on time, welcoming new participants specifically and adhering to a class format.• To fully engage participants through energetic enthusiasm, individual encouragement and personable interactions.• To ensure that the level of intensity is appropriate for the class and individual participants, providing modifications, where required.• To monitor participants for correct positioning and intensity levels, and be able to explain and demonstrate the correct and safe way to perform all class exercises.

- To adhere to general fitness principles, including health screening, warm up and cool down, tailoring this to specific populations where necessary.
- To maintain positive relationships with Sports Centre members to encourage continued class attendance and longer term retention.
- To maintain awareness of other/all Sports Centre classes and products, proactively promoting these to all class participants and members.
- To check class registers before arrival, to arrive in plenty of time before the start of each class to prepare the space and equipment, welcome members and assist new users in getting set up.
- To record attendance on classes and report back to the Sports Centre Manager.
- To make sure the studio is clean, tidy and organised after each session, ready for the next users.
- To work to high professional standards and to provide exceptional customer service.
- To support all Cross College Commercial Operations in achieving its aims and objectives, which are based on the principle of delivering a high quality fitness provision.
- To maintain a professional appearance and be a role model for all users.
- To pass on feedback from customers to the Sports Centre Manager.
- To report any equipment faults to the Duty Manager.

Equal Opportunities:

- Maintain an up to date knowledge of Equality and Diversity legislation and the organisation's Equality and Diversity policies and procedures, in particular with regard to the recruitment and retention of staff

Safeguarding:

	<ul style="list-style-type: none"> ● Maintain an up to date knowledge of Safeguarding legislation, and the College’s safeguarding policies and procedures, in particular with regard to the recruitment and retention of staff <p>Health and Safety:</p> <ul style="list-style-type: none"> ● Ensure that an up to date knowledge of Health and Safety legislation as applicable to the role is maintained and that the College’s Health and Safety policies and procedures are fully implemented and adhered to as applicable, particular with regard to the recruitment and retention of staff <p>Professional Development:</p> <ul style="list-style-type: none"> ● Maintain and update your own knowledge and skills in line with legislation and the needs of the role.
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Person Specification	Key Qualifications, Knowledge, Skills and Attitude
Key Qualifications	<p>Essential:</p> <ul style="list-style-type: none"> ● Level 2 Certificate in Fitness Instruction ● Associated group exercise qualifications <p>Extremely Desirable:</p> <ul style="list-style-type: none"> ● Level 2 Exercise to Music. ● Level 2 Award in Instructing Indoor Cycling. ● Level 2 Award in Instructing Circuits. ● Level 2 Award in Instructing Kettlebell Classes. ● Level 3 Award in Emergency First Aid at Work. ● Level 3 Diploma in Teaching Yoga. ● Level 3 Diploma / Level 4 Certificate in Instructing Pilates Matwork <p>Desirable:</p> <ul style="list-style-type: none"> ● Level 3 Certificate in Personal Training. ● Exercise with special populations qualifications.
Knowledge & experience required	<p>Essential:</p> <ul style="list-style-type: none"> ● 2 years experience of group exercise. <p>Desirable:</p> <ul style="list-style-type: none"> ● Use of Myzone[®] within a studio environment. ● Experience delivering fitness instruction to adolescents.

Date: 6th August 2021

Prepared by: Loren Thaneja