

## GROUP FITNESS INSTRUCTOR

thrive Healthplex

- Maintain a positive and upbeat attitude in order to provide excellent customer service.
- Extensive knowledge of specific class being taught
- An understanding of current trends in fitness
- Previous experience in supervising and leading participants in an instructional environment
- Knowledge of safe group exercise or instructional procedures, and use of related class materials and/or equipment
- Ability to provide positive customer service
- Appreciation for individual uniqueness and diversity
- Ability to provide a welcoming, inclusive environment for all participants
- Ability to work with special populations and those with special limitations or needs
- Awareness of safety precautions
- Excellent communication skills