



We have openings at the Jewish Community Center of St. Louis for **Group Exercise Instructors** who teach Cycle/Spin classes. These part time positions are available at our Creve Coeur and Chesterfield locations. Both facilities feature: spring loaded wood floors in aerobics studio, dedicated yoga studio, dedicated pilates studio with Stott Reformers, dedicated cycling studio, and top of the line instructional equipment (bosu balls, wobble boards, elastic bands, steps, plastic coated hand weights, pilates/yoga mats, body bars, etc.).

We currently need a Cycle/Spin Instructor to teach Sunday mornings at 8:15a at our Creve Coeur location. We are also looking for substitute Instructors 7 days a week at both of our locations (Creve Coeur and Chesterfield)

Responsibilities:

- Provide exemplary and professional service to our members while providing for their safety and well being.
- Develop and administer safe, engaging, and effective group exercise programs, which have been approved by the JCC and/or the approved national fitness certification agencies. Must be capable of altering programs as needed to meet the needs and safety concerns of patrons.
- Correct ineffective and incorrect techniques when observed or asked.
- Promote group exercise, personal training, fitness programs, aquatics or other programs pertinent to our member's needs. Present the benefits of group exercise to all members and demonstrate the value of the program. Be aware of and able to offer current Fitness specials/promotions and be aware of programs offered across the J.
- Be punctual and prepared to start classes on time.
- Serve as a role model and leader to patrons, maintaining a positive demeanor at all times and upholding the policies of the JCC.
- Assist in maintaining a neat, organized and clean group exercise studio. Ensure all equipment is returned to its proper place after class; turn off stereo and wireless microphone. Lock all doors, closets, and equipment shelves when classes are not in session.
- Notify Group Exercise Managers about any equipment in need of repair or in need of replacement.
- Learn and be knowledgeable about JCC policies, procedures, programs, and equipment offered through the JCC. Follow and enforce JCC rules and policies.
- Maintain time sheets in a neat, orderly fashion according to company protocol.
- Attend all mandatory meetings and in house training.
- Continue to develop further knowledge in health and fitness, including but not limited to, the training provided by the JCC.
- Assist in Fitness Center promotions where applicable.
- Other duties as assigned by supervision.

Qualifications:

- High School diploma or GED is required.
- Current nationally recognized certification for format you are applying to teach is required. For example, Mad Dogg Spinning, Schwinn Cycle, Stages Indoor Cycling, NASM/AFAA/ACE Indoor Cycle, etc.
- Current CPR/AED/First Aid for the Professional Rescuer certification. Training will be provided if necessary.
- Six months prior teaching experience is preferred.
- Must be physically able to teach classes (demonstrate techniques and lead the group through the program)
- Strong listening and oral communication skills.
- Exhibit leadership skills in an outgoing, professional manner.
- Must demonstrate a desire to improve the health and fitness of our patrons through safe and effective exercise leadership.
- Demonstrated ability to establish networks and effective interpersonal relationships.

- Must be able to communicate clearly and concisely both orally and in writing.
- Demonstrated ability to deal effectively with a diversity of individuals.
- Basic skills with Microsoft Office Suite are required (Outlook, Word, Excel) and demonstrated ability to learn new software programs are required for the position. Training on how to use CSI, software program for membership management, will be provided.

For additional information about the J, please see our website: www.jcctl.org

To apply for this position, please send your cover letter, resume, and completed J application to careers@jcctl.org . Please be sure to indicate which position you are applying for, "Group Exercise Instructor- Cycle/Spin", in the subject line of your email. Our application is available for printing from the employment section of our website. Please note this is not an online application.

The J is an Equal Opportunity Employer and participates in the Department of Homeland Security's E-Verify program.