

Job Title: Yoga Instructor

Job Code: 3-03

Date: 21<sup>st</sup> September 2020

Job Level: n/a

Pay Target: Part-Time, Non-Exempt

Supervisory Responsibility: No

### **General Description of the Job:**

Lead Yoga group fitness classes as assigned by Fitness Director.

### **Duties and Responsibilities:**

1. Establish rapport and program value using effective communication skills to maximize program participation and quality experience.
2. Maintain a professional group fitness instructor-client relationship by adhering to legal requirements, professional boundaries and standards of care by operating within one's scope of practice as defined by professional certification, and to protect the client and limit liability.
3. Treat all individuals with respect, empathy, and equality regardless of weight, appearance, ethnicity, nationality, sexual orientation, gender, age, disability, religion, marital status, socioeconomic status and health status.
4. Maintain competence and professional growth by staying current with science-based research, theories and practices.
5. Provide exercise leadership by providing direction, motivation, and education and by modeling exemplary behavior.
6. Construct Yoga classes using basic principles of fitness, appropriate movements, proper cueing and non-offensive music to promote wellness.
7. Visually assess students to determine their level of practice. Assist students to achieve precise alignment.
8. Maintain cleanliness and orderliness of workout area by replacing and disinfecting exercise equipment after use.

### **Physical Requirements and Demands:**

Fitness levels necessary for personal fitness training to include an appropriate level of:

1. Muscular strength & endurance
2. Cardiorespiratory endurance
3. Flexibility
4. Body composition

Unrestricted

**Required Qualifications:**

Education: High school Education equivalent required and two years of college education of fitness, exercise science, dance or related field recommended.

**Experience:** Minimum of 6 months experience working as a yoga instructor preferred.

**Degrees, Licensure,** Fitness Instructor and yoga certification from a nationally

**and/or Certification:** recognized and accredited certifying organization required, such as ACSM, NSCA, or ACE.

**Knowledge, Skills,**

**and Abilities:**

The intent of this job description is to provide a representative and level of the types of duties and responsibilities that will be required of positions given this title and shall not be construed as a declaration of the total of the specific duties and responsibilities of any particular position. Employees may be directed to perform job-related tasks other than those specifically presented in this description.