**(Casual Hours)**

2 x 45-minute Classes per week

1 x Saturday at 7.45am and 1 x evening per week (Mon or Tues)

**JOB DESCRIPTION**

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| **Job Title:** | **Group Cycle Instructor Hampden Park, Eastbourne.** |
| **Reporting To:** | Group Exercise Coordinator |

**Background**

Wave Leisure Trust Ltd (Wave) was formed in 2006 as a registered charitable company limited by guarantee.The Trust manages eight facilities on behalf of Lewes District Council, East Sussex County Council, and in partnership with Seaford Head School, Ringmer Community College, Priory School and Newhaven Town Council. Recently Wave also acquired Sport Eastbourne sites and East Grinstead Sports Club.

Over the years Wave has had one fundamental and driving purpose of ***“inspiring active lifestyles”*** and as such is determined to deliver to the Vision of being “at the heart of an improvement in health and wellbeing within the community”.

The five key pillars underpinning Wave’s Vision are; Achieving Excellence, Business Sustainability, Engaging Staff and Partners, Customer Choice and Delivering to the Community.

**The Post in Context**

To deliver high quality Group Cycle classes to Wave Leisure participants. Our Group Exercise Instructors must be passionate about delivering classes that will encourage participation from all ages and abilities and create an amazing, memorable member experience.

**Job Purpose**

You must possess strong coaching attributes and be able to adapt your sessions towards varied abilities. You will be a passionate and dedicated individual who has the confidence to engage with our customers and motivate them in a safe and fun environment, all of which underpin our principle of Inspiring Active Lifestyles and have a key role in helping our customers achieve their personal goals and aiding membership retention.

You will also need to be reliable, punctual, adaptable, and flexible with a passion for bringing a healthier, fitter lifestyle to our customers.

You will deliver classes in line with our policies and procedures, ensuring a safe environment for all attendees.

**Main Duties**

* Educate members on correct cycle exercise techniques and offer modifications / progressions / regressions where required.
* Make your participants’ safety and enjoyment your number one priority.
* Ability to deal with a diversity of individuals and encourage participants to feel successful.
* Ability to communicate with people of all age groups.
* Ability to effectively demonstrate all skills / exercises being taught to participants.
* Convey warmth and genuine interest to the participants: make eye contact, smile, use participants names and personalize the workout even in a large class.
* Be outgoing, energetic, and able to perform in front of an audience.
* Operate studio stereo equipment accordingly, with music at sound levels that are appropriate to class type and intensity, but also safe for participants.
* Be proactive in promoting events and new innovations across the Wave Leisure group.
* Working to a high legal and ethical standard at all times, particularly in relation to issues such as child safeguarding and health and safety requirement.

I agree to accept this Job Description.

|  |  |
| --- | --- |
| **Name:** |  |
| **Signed:** |  |
| **Date:** |  |

**PERSON SPECIFICATION:** GROUP EXERCISE INSTRUCTOR

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|  | **Essential** | **Desirable** |
| **Experience** | * Minimum of 1 years teaching experience |  |
| **Qualifications** | * ETM Qualification * Level 2 Gym Instructor * Other relevant qualification required dependent on class being taught * Group Cycle Qualification |  |
| **Knowledge, Skills and Competencies** | * Educate members on correct cycle exercise techniques and offer modifications / progressions / regressions where required. * Make your participants’ safety and enjoyment your number one priority. * Ability to deal with a diversity of individuals and encourage participants to feel successful. * Ability to communicate with people of all age groups. * Ability to effectively demonstrate all skills / exercises being taught to participants |  |
| **Personal Attributes** | * You will also need to be reliable, punctual, adaptable, and flexible with a passion for bringing a healthier, fitter lifestyle to our customers |  |