**JOB DESCRIPTION**

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| **Job Title:** | **Group Exercise Instructor** |
| **Reporting To:** | Group Exercise Coordinator  |

**Background**

Wave Leisure Trust Limited (Wave) is a Charity and Social Enterprise with a purpose of “Inspiring Active Lifestyles” and a Vision, “To be at the heart of the improvement of health and wellbeing within the Community”.

Formed in 2006, Wave is recognised as an award-winning Trust, managing fifteen leisure facilities and Newhaven Fort along with providing a vast range of activity programmes and outreach initiatives.

Supporting well over one million active customer visits on an annual basis, Wave ensures all surplus revenues generated from activities are reinvested back into the community in the form of facility developments and refurbishments, new programmes of activity or outreach initiatives.

As we emerge from the intense phase of the pandemic our ‘Build Back Better’ Strategy focuses on three key activity areas:

1. **Rebuild**
* The structure of the business focusing on core activities.
1. **Invest**
* To ensure recovery, greater resilience and future sustainability.
1. **Community Health**
* In isolation or in partnership with public health partners to deliver positive health interventions.

**The Post in Context**

To deliver high quality group exercise 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. We are looking for passionate and dedicated individuals who have 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 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.
* Where applicable, follow formatted programs according to license requirements and/or Wave Leisure request.
* 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.

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

**PERSON SPECIFICATION:** GROUP EXERCISE INSTRUCTOR

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|  | **Essential** | **Desirable** |
| **Experience** | * Minimum of 1 years teaching experience
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| **Qualifications** | * ETM Qualification
* Level 2 Gym Instructor
* Other relevant qualification required dependent on class being taught
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| **Knowledge, Skills and Competencies** | * Educate members on correct 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
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