



Group Spin Instructor
Deerwood Country Club
10239 Golf Club Drive, Jacksonville Florida 32256

JOB TITLE: Group Spin Instructor

REPORTS TO: Fitness Center Lead Trainer

JOB KNOWLEDGE: Knowledge of laws of common courtesy; Ability to perform multi-tasks; Great organizational skills. Must have a thorough knowledge of physical fitness to include proper and safe training methods and routines; Must have a working knowledge of all appropriate equipment and accompanying safety features and proper cleaning methods. Promote all fitness programming including PFT, Pilates, Group Exercise, and other specialized fitness programs.

JOB SUMMARY: The Spin Instructor will teach at least three spin class a week, and other classes such a bootcamps. The Fitness Center Lead Trainer will set class scheduled hours which may include holidays, evenings and weekends. The Spin Instructor will deliver top quality service, use members' names whenever possible, anticipate the members' needs, and be a team player, including working the front desk, if needed as a Fitness Floor Attendant.

PHYSICAL ABILITIES: Must be physically fit to include passing the following physical requirements:

- Demonstrate the use of each weight machine, each piece of free weight equipment, and each piece of aerobic equipment, using correct form, and stating which muscle or muscle groups are being worked.
- Must be able to spin/work out with members.
- Must be able to work on feet, moving about at a quick pace for several hours at a time.
- Must be able to lift, carry, and move a minimum of 60 pounds, to include equipment and furniture.
- Must be able to last (cardiovascular) for the entire one-hour period.
- Must be able to bend and reach to low and high levels.

DUTIES AND FUNCTIONS:

1. Be punctual at all times and arrive to work on time, consistently.
2. Must be in proper uniform, crisp, and in good repair, upon entering the property, including wearing name tag. Demeanor must be professional and welcoming.
3. Hair must be clean and cut in a becoming style; Management has final approval.
4. Become proficient on all appropriate equipment and safety features.
5. Bring class music to meet the class spin performance.
6. Create innovative ways to market to keep members involved and engaged in the spinning class routine.
7. Keep work area neat, clean and orderly to include maintaining equipment; inspecting, dusting, cleaning and lubricating regularly.
8. Give out towels and locker keys to members when needed.
9. Greet members by name whenever possible.
10. Initiate demonstrate and chart personalized programs for all new members.
11. Assist in recommending programs for specific needs members may have.
12. Answer phone, forward call or take detailed messages and deliver to appropriate person.

13. Perform all implemented AM and PM Fitness Floor duties checklist including opening and closing duties.
14. Assist members with workout routine, offering training advice and corrections when applicable.
15. Act as a “spotter” when necessary.
16. Do blood pressure and heart rate checks, as needed.
17. Compile sign-in and recap sheets.

EDUCATION: Must be certified through a nationally accredited Spin training organization. High School diploma or equivalent. Must be able to read, write, speak and follow written and/or oral direction in English.

TRAINING AND EXPERIENCE: Must be CPR/First Aid/AED certified. Minimum 1 year of experience in spin class. Must have 6 months experience in a professional fitness center. Must be familiar with WORD and EXCEL computer programs.

CRITERIA FOR EVALUATION:

Evaluated on quality of service delivered to members; Attendance and punctuality; Courtesy towards members; Relations with other employees; Ability to work as a team player to achieve the common goal of Deerwood Country Club; Cleanliness of work station and fitness floor; Reliability; Personal appearance including staying physically fit; Following set safety and sanitation standards; and Maintain a cheerful, positive attitude.

Job Type: Independent Contractor. Part-time.

Pay Rate: Commission structure.

Applicant must satisfy a criminal background check and drug screen.

Equal Opportunity Employer.

To submit your application please logon to www.deerwoodclub.com under "Employment"
Resumes may be sent to areiley@deerwoodclub.com