



ELON
UNIVERSITY

Campus
Recreation
& Wellness

Student Position Description

JOB TITLE: Group Exercise Instructor

REPORTS TO: Group Exercise Team Leader

HOURLY PAY RATE: Tier I – starts at \$13/hour

STIPEND RATE: Stipend per class: 30 minutes-\$14, 45 minutes-\$18, 60 minutes-\$22

CAMPUS RECREATION & WELLNESS MISSION STATEMENT:

Campus Recreation & Wellness contributes to the holistic well-being of students, faculty, and staff by providing access to recreational and educational experiences fostering a sense of community and belonging, and empowering individuals to cultivate positive wellness values and behaviors that last throughout and beyond their time at Elon.

SUMMARY OF POSITION:

The Group Exercise Instructor plans and leads group exercise classes for students, faculty, and staff.

LEARNING PRACTICES:

Through employment in Campus Recreation & Wellness, the instructor will:

- Develop transferrable skills such as teamwork, communication, time management, organization, conflict resolution, critical thinking, and decision-making.
- Be able to articulate the value of recreation & wellness in the overall college student experience.
- Be able to teach group exercise classes in a variety of disciplines, including but not limited to strength, cardio, interval, mind/body, and cycling.

ESSENTIAL DUTIES AND RESPONSIBILITIES:

- Prepare classes, including warm-up/cool-down, movements, class routine, and music
- Promote current and upcoming classes, special events, and outings within Group Exercise
- Ensure safety and proper technique of all participants during class
- Check participants in as well as perform daily equipment cleaning and inventory checks
- Maintain a working knowledge of all Campus Recreation & Wellness program and services
- Foster strong partnerships with other members of the Group Exercise team, as well as colleagues throughout Campus Recreation & Wellness
- Deliver quality customer service to all patrons, program participants, and visitors
- Attend all Group Exercise team meetings and trainings
- Other duties and projects as assigned

MINIMUM QUALIFICATIONS:

- American Red Cross CPR, First Aid, and AED certification (classes available through Campus Recreation & Wellness)

EQUAL EMPLOYMENT OPPORTUNITY:

Elon University does not discriminate on the basis of age, race, color, creed, sex, national or ethnic origin, disability, sexual orientation, gender identity, or veteran's status in the recruitment and admission of students, the recruitment and employment of faculty and staff, or the operation of any of its programs.