**JOB DESCRIPTION**

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

**Background**

Wave Active is an award-winning charity and social enterprise, supporting local communities with facilities, activities, and services to inspire active lifestyles.

Our purpose is “Inspiring Active Lifestyles” and vision, “To be at the heart of the improvement of health and wellbeing in the Community”.

Managing 15 leisure facilities and Newhaven Fort, across the Lewes District and Eastbourne Borough of East Sussex we are passionate about providing opportunities that support individuals to gain, regain or maintain: health, fitness, and wellbeing.

Offering a range of activities across our facilities and multifunctional spaces, our team is dedicated to creating an approachable environment enabling individuals to prioritise their health and wellbeing journey.

As a charity, formed in 2006, Wave Active continues to ensure all surplus revenues generated from activities are reinvested back into the community in the form of: facility developments, refurbishments, employment opportunities, new programmes of activity and to support those with health conditions to make health improvements.

**The Post in Context**

To deliver high quality group exercise classes to Wave participants. Our Group Exercise Instructors must be passionate about delivering classes that will encourage participation from all ages and abilities and create an amazing and 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**

1. Educate members on correct exercise techniques and offer modifications / progressions / regressions where required in line with your class style.
2. Make your participants’ safety and enjoyment your number one priority.
3. Ability to deal with a diversity of individuals and encourage participants to feel successful.
4. Ability to communicate with people of all age groups.
5. Ability to effectively demonstrate all skills / exercises being taught to participants.
6. Convey warmth and genuine interest to the participants: make eye contact, smile, use participants names and personalize the workout even in a large class.
7. Be outgoing, energetic, and able to perform in front of an audience.
8. Operate studio stereo equipment accordingly, with music at sound levels that are appropriate to class type and intensity, but also safe for participants.
9. Where applicable, follow formatted programs according to license requirements and/or Wave’s request.
10. Be proactive in promoting events and new innovations across the Wave group.
11. 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.
12. Wave marketing department will, at times, require imagery for advertising purposes and an instructor’s profile for promotional activities.

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 and/or Level 2 Fitness Instructor Qualification * Other relevant qualification required dependent on class being taught |  |
| **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. * Manage in class feedback. | * Ability to cover classes across various Wave sites |
| **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 |  |