

THE PICKAQUOY CENTRE
GROUP EXERCISE INSTRUCTOR

JOB DESCRIPTION

NO. OF HOURS: Variable Hours Group Exercise Instructor
(On average 2+ Group Exercise classes per week)

RATE OF PAY: £23.10 (30min class), £28.88 (45-60min class)

DATE PREPARED: May 2024

RESPONSIBLE TO: Operations Manager

RESPONSIBLE FOR: Not applicable

PRINCIPAL FUNCTIONS: **Overview**
In your role you will act as an ambassador for The Pickaquoy Centre. You will promote and provide group fitness classes, as scheduled by The Pickaquoy Centre Trust, ensuring that service excellence is consistently delivered to Group X customers.

Main Duties

1. To welcome all customer user groups, deliver exercise classes to a high standard, and provide outstanding levels of customer service ensuring maximum customer satisfaction.
2. To teach various fitness levels and be able to provide modifications for all abilities.
3. To monitor participants for proper technique and intensity levels and be able to explain or demonstrate the correct and safe way to perform all exercises.
4. To teach all classes agreed to on the Group Exercise Schedule and arrive at least 10 minutes early to classes, to welcome customers, and assist them if needed.
5. To ensure correct usage of The Centre facilities by the public as stated within The Centre's Admissions Policy and always adhere to Operational Procedures.
6. To ensure all health and safety requirements are adhered to.
7. To be willing to undertake any relevant training or continuous professional development, to deliver exercise classes and be able to attend training off island if required.
8. To be a role model for customers and other instructors.
9. To assist with emergency procedures ensuring the safety of staff and public.
10. To ensure that all duties are carried out with due regard for the Trust's Equal Opportunities Policy along with any other associated policies and practices.
11. To undertake any other duties as the Management Team may require.
12. The postholder may be required to work at other sites operated by The Pickaquoy Centre Trust.

PERSON SPECIFICATION

Attributes	Essential	Desirable
<p>Professional / Educational Qualifications –</p> <ul style="list-style-type: none"> • To hold or be willing to work towards a minimum Fitness Instructor Level 2 nationally recognized gym qualification. • To hold additional nationally recognized fitness and/or group exercise qualifications • To hold a Personal Training Level 3 nationally recognized qualification. 	<p>✓</p>	<p>✓</p> <p>✓</p>
<p>Relevant work / other experience –</p> <ul style="list-style-type: none"> • To have previous experience leading and/or teaching exercise classes. 		<p>✓</p>
<p>Skills and Abilities –</p> <ul style="list-style-type: none"> • To have excellent time management, organisational and communication skills. • To have confidence in the use of technology for study, training, and exercise planning 	<p>✓</p> <p>✓</p>	
<p>Personal Qualities –</p> <ul style="list-style-type: none"> • To be friendly, helpful and customer focused. • To be conscientious and treat all sensitive information in a confidential manner. • To demonstrate an ability and commitment to being an effective team member within a small, dynamic, and innovative team. • To be meticulous in your personal presentation and adopt the Centre's dress code. 	<p>✓</p> <p>✓</p> <p>✓</p> <p>✓</p>	
<p>Additional Job Requirements –</p> <ul style="list-style-type: none"> • To become a member of the Protecting Vulnerable Groups Scheme. 	<p>✓</p>	