COMMUNITY PARK DISTRICT OF LA GRANGE PARK - JOB DESCRIPTION
Job Title: Group Fitness Instructor – Yoga (Recreation Center)
Classification: Part-time, Non-Exempt Class III
Department: Recreation – Fitness
Salary: $20-$30/ per class and $16/hr for training and meetings

SUMMARY
Under the general direction and supervision of the Manager, the Fitness Instructor is responsible for running fitness classes at Barnsdale Recreation Center.

QUALIFICATIONS

To be eligible for this position, applicants must be at least 18 years of age. Group Fitness Instructor must have obtained a certification through a nationally accredited organization such as AFAA, ACE, AEA, ASFA, Zumba, etc. or equivalent. Certification upon start date is required.
Additionally, candidates must obtain CPR and AED certification within three months of being hired; this training will be provided by the district.

IMMEDIATE SUPERVISOR
The position reports to the Superintendent of Recreation

ESSENTIAL FUNCTIONS:
- Must facilitate a high energy premium class experience that keeps our members coming back daily. Instructors play a vital role in filling classes and bringing programming to life.
- Must be able to juggle the needs of first-time guests while continuing to challenge returning participants. This includes creating opportunities for connection before during and after class, managing class intensity, and efficiently facilitating class flow
- Instructors are responsible for quickly identifying and correcting exercise form to prevent injuries as well as appropriately modifying, progressing and regressing movements for individual participants.
- Instructors are expected to work as a team with the front desk to facilitate a premium experience for first time guests.
- Instructors are required to clean the equipment, and mat before and after class to provide a great customer experience for our members.

SECONDARY FUNCTIONS

- Help create program descriptions for fitness classes

PHYSICAL REQUIREMENTS, ENVIRONMENTAL CONSIDERATIONS AND PROTECTIVE GEAR/CLOTHING

- Frequent walking, standing, and reaching.
- General work area is indoors, in a smoke-free environment with controlled temperature and fluorescent lighting

- Occasional exposure to natural and potentially extreme weather conditions while attending to job related activities.
- Exposure to noise distractions from employees, patrons, or equipment operation in adjacent work areas.

REQUIRED COMPETENCIES

- Aptitude to use a computer for e-mail, communications, and business operations.
- Ability to maintain a positive and effective working relationships with fellow employees, patrons, and general public.

HOURS
Hours dependent on the assigned class scheduled that week
Wednesday evenings 6:30 – 7:30pm

This job description is intended to describe the general content of and requirement for the performance of this position. It is not to be construed as an exhaustive statement of duties, responsibilities or requirements, and additional duties may be assigned at any time.

Updated October 2026

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Signature *Date*