



GROUP FITNESS INSTRUCTOR

San Antonio Sports ACTIVATE is a whole-body wellness program designed to promote physical and mental well-being within the community. The program is characterized by its commitment to fostering healthy habits and building a community that supports individuals in their journey towards becoming their strongest selves.

The program aims to create a sense of community where individuals come together to cultivate healthy habits that contribute to a strong and vibrant community focusing on healthy body, healthy mind and healthy living. From yoga and mindfulness to 5Ks and cooking demonstrations, ACTIVATE offers a wide range of classes and sessions that go beyond traditional fitness to improve both mental and physical health. ACTIVATE is organized into four sessions, each culminating in a 5K. The program offers a diverse selection of free weekly classes, both virtual and in-person, covering everything from yoga and Cardio Fit to Zumba® and Body Combat.

We are seeking passionate and energetic contract Group Fitness Instructors to lead engaging and motivating classes for individuals of all fitness levels. The ideal candidate will inspire participants to reach their health and wellness goals while promoting a positive and inclusive atmosphere.

ACTIVATE classes take place in multiple locations across the city, in addition to virtual classes.

For more information about San Antonio Sports or ACTIVATE, please visit www.sanantonioposports.org

KEY RESPONSIBILITIES:

- Design and deliver dynamic fitness classes tailored to various skill levels and goals, including but not limited to cardio, strength training, yoga, and dance.
- Demonstrate proper exercise techniques and ensure participant's safety.
- Provide modifications and progressions for exercises to accommodate all fitness levels.
- Foster a welcoming environment that encourages participation and community building.
- Track participant attendance and progress, offering feedback and support.
- Maintain a clean and organized class space, ensuring all equipment is in good condition.
- Stay updated on fitness trends, techniques, and certifications to enhance class offerings.
- Promote fitness programs and initiatives within the community.
- Attend staff meetings and training sessions as required.

QUALIFICATIONS:

- High school diploma or equivalent
- Current certification in group fitness instruction from a recognized organization (e.g., ACE, NASM, AFAA) or specialty class certificate/license
- First Aid/CPR certification IS required and must be obtained within the first 30 days of contract.
- Strong knowledge of exercise science and safety guidelines.

- Previous experience teaching group fitness classes preferred.
- Excellent communication and interpersonal skills.
- Ability to motivate and inspire individuals to achieve their fitness goals.
- Must have the ability to work evening and some weekend hours.

PHYSICAL REQUIREMENTS:

- Ability to lead classes and demonstrate exercises effectively.
- Capable of lifting and moving fitness equipment as needed.
- Work can be performed indoors or outdoors based on the location and type of fitness class.

HOURS & PAY:

This is a 1099 temporary contract position with a minimum of teaching 1 class/week starting in January 2025. Classes take place 7 days a week. This position pays \$50/class.

HOW TO APPLY:

Please submit your resume and references to Sara Tovar at stovar@sanantoniosports.org
Qualified contractors will be contacted to schedule an interview.