



STARS

Family Services

Move & Groove Instructor- Group Exercise Instructor Job Description

STARS Family Services is seeking a dynamic and energetic exercise instructor to join our team and lead engaging Move & Groove sessions. If you have a background in fitness instruction, excellent communication skills, and a desire to make a positive impact on people's lives, no matter what fitness level, we want to hear from you!

The Move & Groove Instructor (MGI) is a part-time position at SFS that is responsible for helping individuals develop a healthier lifestyle by guiding them through physical activities during their group sessions. The MGI is responsible for creating a safe and effective workout plan, teaching STARS (Individuals with Intellectual and Developmental Disabilities), how to perform exercises safely, and educating STARS on how to maintain a healthy lifestyle through both diet and exercise.

The MGI successfully help STARS improve their quality of life through physical activity. Some of the duties and responsibilities include:

- Creating an exercise plan that is optimal for the STARS specific needs
- Coaching STARS on how to exercise safely and effectively
- Providing STARS with a general understanding of healthy eating and lifestyle habits
- Keeping records to track STARS' progress- Recording information about lesson plans and the progress of STARS
- Making sure that STARS know what clothing they should wear and what equipment they should bring
- Supervising STARS as they train to ensure they are maximizing their workout
- Organizing events and activities centered around fitness
- Keeping the area where they teach neat, clean, and organized

Move & Groove Instructor skills and qualifications:

In addition to helping to increase personal fitness, the Move & Groove Instructor should have the skills needed to work closely with STARS seeking to improve their lifestyle. Some prerequisite skills and qualifications include:

- Self-motivation skills
- A true love of fitness and health
- A supportive and nurturing character
- Proven experience leading group fitness classes in a variety of formats.
- Strong knowledge of exercise and proper exercise techniques.
- Excellent interpersonal and communication skills.
- Ability to adapt to different fitness levels and modify exercises as needed.
- Reliable, punctual, and committed to delivering exceptional fitness experiences.
- Passion for health, fitness, and helping others achieve their wellness goals.

Education and/or Experience:

- High school diploma; at least one or more years of experience leading other individuals in group exercise/fitness programs.
- Must have one or more years of experience working with individuals with intellectual and cognitive disabilities.
- Since SFS is a religious 501(c)(3), all employees must agree to the Statement of Faith and Standards of Christian Life as outlined in the SFS Employee Handbook.