

# Job Posting

## Cycling Instructor



### DESCRIPTION

Bensenville Park District Cycling Instructors are responsible for leading and coordinating indoor cycling classes. Educate the participants on fitness and safety while maintaining a safe and enjoyable atmosphere for class participants. Cycling Instructors must demonstrate knowledge of proper fitness components including warm-up, aerobic exercise, resistance, flexibility, and cool down, as well as healthy lifestyle components.

### DUTIES AND ESSENTIAL JOB FUNCTIONS

- Provides a safe, energetic, and motivational environment for participants; ensure participants are properly using fitness equipment with correct form, function, and safety through observation of participants
- Demonstrates correct posture, alignment, and technique; provides modifications of exercises to safely meet the needs of all participant levels
- Uses music to support the intensity as well as the enjoyment of the workout, refraining from lyrics that are racially and/or sexually explicit
- Make sure cycling area is cleaned and organized and all equipment is put away in its correct place before, during, and after classes
- Represents Bensenville Park District customer service to members and participants by conveying a positive attitude and willingness to address and/or refer questions and concerns to appropriate Park District Staff; arrives early to prepare the room and the equipment or lighting and ends class on time; refrains from the negative discussion of any Park District staff, programs, or participants
- Coordinate with supervisor to organize and schedule classes, activities, and needed supplies
- Complies with Bensenville Park District group fitness administrative tasks that include: documenting class attendance counts before the class start; finding substitute instructors when not able to teach a scheduled class; communicating promptly with Fitness Supervisor on all issues and concerns about class duties; completes Bensenville Park District Incident Report form when appropriate; complies with Fitness Classes and Fitness Center Behavioral policy
- Maintain open communication with supervisor and participants
- Assists Bensenville Park District Wellness Management in cross-promoting other programs that may include races, personal training, additional fitness classes, and programs

### QUALIFICATIONS

- CPR, First Aid, AED, before instruction
- National certification (ACE, NETA, AFAA, NASM) in group fitness instruction or equivalent
- At least one year of experience teaching group wellness classes preferred
- Ability to conduct classes and activities.
- Ability to perform all physical aspects of group fitness class instruction; including leading class, walking, standing, bending, reaching, and lifting
- Ability to bring high energy into the class environment.

**JOB STATUS** Part time/Seasonal      **DEPARTMENT** Recreation      **FLSA STATUS** Non-Exempt

**SALARY** \$18-\$25 per class based on qualifications and experience

**HOURS** 1-4 Classes per week, and be. Able to fill in for other classes if needed.

**HOW TO APPLY** Submit an application and resume to Todd Linder, Fitness & Aquatics Supervisor at [tlinder@bvilleparks.org](mailto:tlinder@bvilleparks.org).