

## Indoor Cycling Instructor:

**General Purpose:** Leads and coordinates indoor cycling group fitness classes. Educate the participants on fitness and safety. Maintain a safe and enjoyable atmosphere for class participants.

### **Responsibilities:**

- Teaches scheduled classes, beginning and ending on time; provides adequate warm-up, exercises, stretching, and cool down.
- Instructs participants on effective workout methods; explains proper techniques, demonstrates exercises; identifies different muscle groups, and teaches appropriate methods to strengthen specific muscles.
- Prepares appropriate equipment and music for each class.
- Assists participants, answers questions, and maintains a positive exercise experience for the class participants.
- Keeps management informed of customer and facility needs.
- Ensures that safety and injury prevention policies and procedures are adhered to by participants; reports accidents and prepares accident reports, as required.
- Tracking class attendance.
- Performs related duties as required.

### **Minimum Qualifications (Education and Experience):**

- Must be at least 18 years of age.
- Must possess current Red Cross CPR certification.
- Certified Indoor Cycling Instructor (ACE, AFAA, MAD DOGG) or equivalent. Additional specialty/certifications preferred.

### **Necessary Knowledge, Skills and Abilities:**

- Working knowledge of human anatomy, kinesiology and training principles.
- Knowledge of group fitness teaching strategies and the incorporation of music, tempo, cueing technique, and rhythm.
- Knowledge of proper bike set up.
- Choreography and music skills.
- Ability to be professional and motivate class participants.
- Ability to cooperate and work well with other staff members.