

# Group Fitness Instructor

<b>Classification</b>	Fitness Industry Award Level 4A		
<b>Date Reviewed:</b>	June 2024		
<b>Department:</b>	Health Club	<b>Reporting to:</b>	Health & Wellness Program Team Leader
<b>Approved by:</b>	General Manager Operations - Aquatics & Leisure		

## About South East Leisure

South East Leisure are a leisure management company based in the City of Greater Dandenong with a vision to enhance the health and wellbeing of our community by providing sustainable world class experiences.

We, at South East Leisure pride ourselves on being driven by our values:

**CARE** – We care about our people, our actions, and our outcomes

**OPEN** – We are honest, transparent, and respectful in our actions

**FUN** – We work hard, we have fun and celebrate our success

**SUSTAINABLE** – We provide commercially and environmentally sustainable outcomes

South East Leisure manage and operate the four major leisure facilities in the Greater Dandenong area:

- Dandenong Oasis
- Noble Park Aquatic Centre
- Springers Leisure Centre
- Dandenong Stadium

We are committed to building a team full of positive, hardworking, and adaptable superstars. In return for your passion and commitment, we will:

- Provide you with flexibility in your role - We are passionate about creating a healthy work life balance
- Encourage you to contribute to our social and environmental outcomes
- We are passionate about creating a positive social impact and are always exploring ways that we can implement environmentally sustainable improvements.
- We will always value and listen to your ideas into ways we can improve our programs, services and business.

## About the role

A Group Fitness Instructor is responsible for facilitating and conducting Group Fitness classes whilst motivating clients in a supportive and encouraging manner.

## Key Responsibilities and Specialist Skills

- Facilitate Group Fitness classes with support and encouragement, delivering fun, encouraging sessions that maintain high attendance levels.
- Ensure the Group Fitness room is clean and safe, report any maintenance or repairs needed, and ensure all equipment is set up and packed away correctly
- Foster a welcoming and motivating environment to support member engagement and retention.
- Ensure excellent customer service is delivered at all times.
- Keep members up to date with current centre promotions
- Maintain a professional relationship with members and ensure that all communications related to members are positive
- Provide assistance and instruction to trainee instructors
- Stay informed about all communications to ensure you are aware of and understand company policies, procedures, and updates.
- Promote a positive safety culture
- Other duties as required

## Qualifications and Experience

- Previous experience in a similar role (desirable)
- HLTAID011 – Provide First Aid.
- HLTAID009 – Provide cardiopulmonary resuscitation. (CPR)
- AUSactive Registration (desirable) OR evidence of ongoing education with industry equivalent
- Satisfactory National Police Check (funded by SEL)
- Current Working with Children Employee check

## Depending on specialty/discipline

### Group Fitness Instructor

- Either Certificate III in Fitness, Fitness Leaders Course, Exercise to Music Module or Group Exercise Leader (GEL)
- Les Mills and other industry recognised qualifications (as required)

### Aqua Instructor

- Accredited Aqua Exercise Instructor certification
- Complete annual Health & Fitness Self-Assessment in alignment with industry requirements to maintain personal health standards and meet industry expectations.

### Yoga/Reformer Pilates Instructor

- Yoga / Reformer Pilates Qualification

## Organisational Relationship/Context

<b>Reports to</b>	Health and Wellness Program Team Leader
<b>Major contacts</b>	Internal Liaisons
	<ul style="list-style-type: none"><li>○ Leadership team</li></ul>



- Internal staff team

External Liaisons

- Members & Participants
- User Groups

### **Equal Opportunity**

We support the provision of a work environment that is free from harassment, discrimination and bullying and refrain from engagement in any activities that may be offensive, humiliating, uncomfortable for; or derogatory towards; other staff or the community.

### **Safeguarding Children and vulnerable adults Commitment**

SEL wants children and vulnerable adults to be safe, feel safe, happy, and empowered; we take all reasonable steps to ensure candidates are appropriately screened and to employ skilled staff to work with children and vulnerable adults and have zero tolerance for all forms of harm.



**PHYSICAL REQUIREMENTS OF POSITION**

<b>POSITION TITLE</b>	Group Fitness Instructor	<b>DEPARTMENT</b>	Health and Wellness
<b>REPORTS TO</b>	Health and Wellness Program Team Leader	<b>DATE REVIEWED</b>	13/06/2024

<b>PHYSICAL REQUIREMENTS</b>	<b>Performed Frequently</b> More than 2 hours per shift, or continually for 30 minutes.	<b>Performed Sometimes</b> Less than 2 hours per shift.	<b>Rarely Performed</b> Infrequent / ad-hoc
Keyboard duties			✓
Reading tasks			✓
Writing tasks			✓
Sitting			✓
Walking / Standing	✓		
Driving Car			✓
Lifting / carrying (Light) < 10kg		✓	
Lifting / carrying (Heavy) > 10kg			✓
Pushing / pulling (Light) < 10kg		✓	
Pushing / pulling (Heavy) > 10kg			✓
Cutting (knife work)			✓
Bending	✓		
Kneeling / squatting	✓		
Climbing (stairs, ladders, scaffold)		✓	
Exposure to hazardous substances / dangerous goods			✓
Exposure to blood / bodily fluids / human waste		✓	
Exposure to dust / dirt			✓
Stress – difficult customers			✓
Stress – resolving conflict scenarios			✓
Stress – tight deadlines			✓
Stress – other (specify)			✓
Exposure to noise > 85dB		✓	
Exposure to wet environment (including working in pool water)		✓	
Exposure to hot temperatures (up to 39°C)			✓
Continuous concentration		✓	

<b>MINIMUM PHYSICAL REQUIREMENTS</b>	<b>Yes</b>	<b>No</b>
Ability to swim a minimum of 200 metres of a survival stroke		✓
Ability to team-lift a patient out of a pool during a rescue situation		✓
Ability to tow a patient for a minimum of 25 metres in a pool during a rescue situation		✓
Ability to perform Cardio Pulmonary Resuscitation (CPR) for an extended period of time	✓	
Sustained cardio-vascular training		✓



**South East  
Leisure**



**Purpose**

Creating active, connected communities.



**Vision**

Providing sustainable world class experiences that enhance the overall health and wellbeing of the community.

**Declaration**

It is essential to disclose any pre-existing illnesses, injuries, or conditions that may affect their ability to meet these physical requirements before employment or as soon as they become aware of them.