



GROUP FITNESS INSTRUCTOR JOB POSTING

POSTING DATE: March 26, 2026

REPORTS TO: A.Cleary, Fitness & Aquatics Manager

Under supervision, this position provides exercise instruction to Rossmoor residents through group training, and performs other duties as directed by the Fitness & Aquatic Coordinator to meet the changing needs of residents. This is a Part-Time On-Call position (4-8 hrs/week) with no RWC benefits.

Duties and Responsibilities:

- Assist members in using safe and effective exercise form during their class session.
- Design and implement appropriate group exercise programs for residents, including those with special needs.
- Assist and lead assigned groups, classes and activities in professional and responsible fashion.
- Attend department meetings as required. Complete employee safety trainings monthly.
- Enforce Fitness Center policies and etiquette, demonstrating professional attitude and demeanor at all times.
- Ability to take responsibility for health and safety of others. Administer emergency care to members and guests in need of assistance.
- Other duties as assigned falling within the purview of the Fitness and Aquatics Manager.

Requirements:

- Instructor certification from nationally recognized organization
- Current and valid American Red Cross certifications in CPR, First Aid, and AED
- Minimum 4 years' experience in teaching Spin, or other forms of group exercise.
- BA/BS in relevant field / specialty and / or specialty certifications desired
- Demonstrated excellence in customer service, time and priority management
- Demonstrated excellence in teamwork, collaboration and communication skills
- Demonstrated ability to work with senior adults
- Demonstrated flexibility, creativity and ability to appropriately respond in difficult situations
- Certifications must be maintained for duration of employment.
- Ability to teach 4-8 classes per week
- Demonstrated experience in group fitness background with senior population classes preferred

Additional Requirements:

- Clean and valid California driver license and satisfactory driving record are conditions of initial and continued employment;
- Ability to meet the Dept. of Homeland Security requirements confirming identity and right to work in the United States is required;
- Offer is contingent upon satisfactorily passing a pre-employment background check, physical capabilities assessment and drug test;
- Previous employment must be verifiable.

CONTACT: To apply for this position, email your resume and cover letter to: recruiting@rossmoor.com .