

Group Fitness Instructor

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Company: Tanqeeb

Location: Muharraq

Category: other-general

Duties and Responsibilities

- 1.Plans and leads exercise/activity sessions in one or more assigned fitness areas.
- 2.Sets up and monitors class equipment, and ensures its return in serviceable condition.
- 3.Advises participants on program and class procedures and policies, as appropriate.
- 4.Distributes handouts and/or class evaluations, if appropriate, and answers questions from participants after each session; assists in performing follow up and communication with participants, as required.
- 5.Tracks progress of clients; maintains client files as appropriate.
- 6.Ensures that safety and injury prevention policies and procedures are adhered to by participants; reports accidents and prepares accident reports, as required.
- 7.Performs miscellaneous job-related duties as assigned.

Minimum Job Requirements

- Female age below 30 years, open to train clients of a Mix gym, with one or more forms of group classes.

- At least 1 year of experience directly related to the duties and responsibilities specified.

Recognized competency in field of instructional expertise. May require technical certification dependent on the instructional specialty (AFAA, ACE, NETA, NASM, etc.).

- Completed degree(s) from an accredited institution that are above the minimum education requirement may be substituted for experience on a year for year basis

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