



# HUNTER SPORTS CENTRE

## Group Fitness Instructors & Personal Trainers

Position is casual, a minimum of 1 hour work, but you can have extensive hours if you desire.

### About the Role:

Are you passionate about fitness and love inspiring others to move, sweat, and smile? We're looking for energetic and enthusiastic **Group Fitness Instructors and Personal Trainers** to join our team on a casual basis!

HSC Fit is a state-of-the-art fitness facility located within the prestigious Hunter Sports precinct. As part of a dynamic environment that includes athlete performance testing, athletics, gymnastics, a trampoline centre of excellence, a health food café, and a creche, HSC Fit is committed to promoting health and fitness in our community offering cutting-edge fitness programs and services.

### Purpose of the Role:

The HSC Fit Gym, Group Fitness Instructor and Personal Trainers will deliver fun, functional classes where participants engage in various exercises and class formats. This is an outstanding opportunity for the right people to deliver a variety of classes or deliver their speciality, ensuring exceptional member experiences.

### What You'll Do:

- Lead engaging and safe group fitness classes
  - Spin, HIIT, strength, cardio, step, boxing, dance, yoga, mat Pilates etc.
- Motivate and support participants of all fitness levels
- Create a welcoming and inclusive environment
- Ensure proper technique and safety throughout sessions
- Represent our brand with professionalism and positivity
- Design and plan engaging workout routines that cater to different fitness levels that meet the class description.
- Inspire members to push their limits while maintaining a positive and energetic demeanour, whilst ensuring correct technique and providing modifications where necessary,
- Address member inquiries, promptly and professionally.
- Monitor member satisfaction and take proactive steps to improve the overall member experience by taking on board concerns, and feedback and passing on to management where required.

## **Occupational Health, Safety and Welfare Requirements**

Employees are responsible and accountable for:

- Complying with workplace procedures for risk identification, risk assessment and risk control
- Participation in activities associated with workplace health and safety.
- Identification and reporting of health and safety risks, accidents, incidents, injuries, property damage, and mishaps at the workplace.
- Correct utilisation of appropriate personal protective equipment.

## **ESSENTIAL REQUIREMENTS:**

### **Experience**

- Previous experience leading group classes (preferred but not essential)
- Excellent communication and interpersonal skills
- A positive attitude and team spirit
- Experience in developing and implementing group fitness classes.
- Experience in working with small and large groups, community groups, and schools.

### **Knowledge**

- An understanding of the latest developments, trends, and practices in the fitness industry.
- Excellent communication and interpersonal abilities.
- Knowledge of fitness equipment, training techniques, and health and safety regulations.

### **Qualifications**

- Current Group Fitness certification (e.g., Cert III/IV in Fitness or equivalent)
- CPR and First Aid certification (required)

### **How to Apply**

Join us at HSC Fit and make a difference in our community's health and wellbeing!

- Flexible scheduling
- Supportive and fun team culture
- Opportunity to grow your fitness career
- Access to facilities and professional development

If you are passionate about fitness and have the skills and experience and want to be part of a dynamic team in a cutting-edge facility, we would love to hear from you. Please submit your resume and a cover letter detailing your qualifications and experience to:

Michelle Preston-Poole  
Acting General Manager  
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