

# MIDLANDS PARK HOTEL

## *Job Description*

**Job Title:** Health & Fitness Instructor  
**Department:** Leisure Centre  
**Responsible to:** Leisure Centre Supervisor/Manager.

### **Role.**

The role of Health & Fitness Instructor is to live to the values of the business and to provide exceptional guest care. A positive work attitude, love and passion for fitness and being an excellent team member are fundamental to this role. A constant consistent focus on providing exceptional guest care is central to this position whilst utilizing your qualifications to provide interactive, fun, and energizing classes.

### **DUTIES:**

1. To live to and embody the values of the Midlands Park Hotel.
2. To strive and achieve the competencies of the Midlands Park Hotel.
3. To carry out fitness assessments & prescribe exercise programs for all club members.
4. You will be required to supervise the fitness suite, ensure correct technique & oversee all areas of health & safety.
5. Lifeguard the pool deck area and complete all documentation.
6. All exercise classes & instruction will be carried out as part of your shift.
7. You will also be required to carry out reception duties that are highlighted in your handbook.
8. Operation of booking system, general computer operation & office administration may also be included during your shift.
9. Pool deck observation; pool testing, enforcing pool rules & ensuring safety of all members of the public in this area.
10. All members of staff will be required to carry out pool backwashing & topping up chemical tanks daily.
11. Cleaning of all areas of the fitness club & laundering of towels.
12. Participation in & organizing of all sporting & social events.
13. From time to time, you will be required to carry out work outside of the duties listed above.
14. Fitness Instructors will report to the fitness club manager in relation to all aspects of this employment & in relation to the operation of the fitness club.

*I agree and understand what the duties and responsibilities of my role are.*

*If I find any challenges in carrying out the above requirements, I will seek my manager/supervisor attention to support me in achieving these obligations.*

*Signed*

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Name

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Date

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Signature