



City of Ames Group Fitness Instructor

SALARY	\$15.20 - \$15.66 Hourly	LOCATION	50010, IA
JOB TYPE	Less than 20 hours/week	JOB NUMBER	25-PRAFI-07
DEPARTMENT	Parks and Recreation - Temporary & Part-time positions	OPENING DATE	03/12/2026
CLOSING DATE	Continuous	FLSA	Non-Exempt
BARGAINING UNIT/MERIT		RESIDENCY REQUIREMENT?	No

Centrally located in the heart of Iowa, Ames is a vibrant, progressive community with more than 66,000 residents providing an excellent quality of life. Home to Iowa State University, Ames offers year-round recreation opportunities, diverse cultural offerings, a stable economy, safe neighborhoods, and a high-achieving school district.

General Information

<https://www.youtube.com/embed/97rsAGfo1eQ?&wmode=opaque&rel=0>

The City of Ames Parks and Recreation Department has an exciting opportunity for Group Fitness Instructors!

Candidates interested in this opportunity can expect to work a varied schedule of less than 20 hours per week.

Group Fitness Instructors are directly accountable to the Public Wellness Manager and adjunctly accountable to the Recreation Superintendent and the Director of Parks & Recreation.

This position is an ongoing, part-time, less than 20 hours per week position that is not benefit or paid leave eligible.

This posting is open until filled.

Examples of Essential Job Functions

- Instructs group fitness classes to participants of Ames Parks & Recreation Wellness program.
- Educates participants on proper and safe exercise form.

Each employee is expected to continually strive to bring shared values to life through our Excellence Through People organizational culture. ETP values include: committing to continuous improvement; inspiring creativity and innovation; being customer driven; making data-driven decisions; championing employee involvement; striving for excellence; having fiscal stewardship; acting with honesty and integrity; exhibiting leadership; choosing a positive attitude; respect and dignity for one another; promoting safety and wellness; and cultivating teamwork. For leaders, this includes creating a work culture that brings these values to life. For all employees, this includes maintaining a Total City Perspective. The purpose of ETP is to deliver exceptional services to the public at the best price, and for employees to experience an enjoyable and stimulating work environment.

Qualifications

Age Requirement:

- Must be at least 18 years of age.

Education and Experience:

- One year of group fitness instruction experience in at least one type of format (Boxing, Pilates, Yoga, older adult fitness, etc.).

Licenses and Certifications:

- CPR certification required; national group fitness certification preferred (ACE, AFAA). (Attach certification documents to application)

Knowledge, Skills, and Abilities:

- Working knowledge of human anatomy, kinesiology and training principles; knowledge of group fitness teaching classes and the incorporation of music, tempo, cueing technique, and rhythm.
- Ability to understand, appreciate and embody the City of Ames Core Values.
- Ability to maintain an exceptional level of safety.
- Ability to maintain a professional appearance at all times.
- Ability to maintain a professional demeanor (calm and courteous) at all times while on site.
- Ability to motivate people and work well with other staff members.
- Skill in choreography and music.

Supplemental Information

Physical & Environmental Characteristics:

Must be able to move and lift objects up to 50 lbs. Indoor sounds may be moderately noisy. Position requires physical participation and interaction related to the specific activity.

Selection Process:

The selection process consists of an evaluation of education and experience, an interview, and completion of a criminal background check, which includes a sex offender registry check. All candidates will be notified by email of their application status.

E-Verify Process:

The City of Ames participates in E-Verify and will provide the Social Security Administration (SSA) and, if necessary, the Department of Homeland Security (DHS), with information from each applicant's Form I-9 to confirm work authorization. All candidates who are offered a position with the City of Ames must complete Section 1 of Form I-9 along with the required proof of their right to work in the United States and proof of their identity on their first day of employment. Please be prepared to provide required documents on your first day of employment. For additional information regarding acceptable documents for this purpose, please contact Human

Resources at 515-239-5199 or go to the US Citizenship and Immigration Services web page at:
<http://www.uscis.gov>.

NOTE: Applicants with disabilities may submit requests for ADA testing or interview accommodations to the Human Resources Department prior to the test or interview.

The City of Ames is an Equal Opportunity/Affirmative Action employer. All qualified applicants will receive consideration for employment without regard to race, color, creed, age, religion, sex, sexual orientation, gender identity, genetic information, ancestry, national origin, marital status, disability, or protected veteran status and will not be discriminated against. Inquiries can be directed to the Human Resources Department at 515-239-5199.

Employer

City of Ames

Address

515 Clark Ave

Ames, Iowa, 50010

Phone

515-239-5199

Website

<http://www.cityofames.org/jobs>

Group Fitness Instructor Supplemental Questionnaire

*QUESTION 1

Are you at least 18 years of age?

- ☐ Yes
☐ No

*QUESTION 2

What certifications do you have that would pertain to this position?

(CPR certification is required; national group fitness certification preferred (ACE, AFAA). Please attach certification documents to your application as well.)

*QUESTION 3

What experience do you have teaching fitness classes?

* Required Question