



As a Cycle/Spin Instructor, he/she is responsible for providing group fitness instruction while monitoring and educating members on fitness and safety in an enjoyable atmosphere.

#### Responsibilities of Group Fitness Instructor

- Teaching scheduled classes, beginning & ending on time.
- Providing adequate warm-up, class content, stretching & cool down.
- Instruction to class participants on effective workout methods while demonstrating proper technique.
- Preparation of appropriate equipment and music for each class.
- Maintaining a positive experience for members and class participants

#### License or certification:

- SPIN – Spinning – Cycling Certification
- CPR Certification

Palisadium Gym  
700 Palisadium Drive  
Cliffside Park NJ 07010