



Job Title:	Group Fitness Instructor	Job Category:	Wellness
Department/Group:	Senior Adult	Position Type:	Part-Time
Location:	The Hub - 19 S. 49 th Ave, 74127	Travel Required:	N/A
Reports to:	Program Manager – Senior Adults	Salary Range:	\$20.00 / class

About The Common Good:

We collaborate with our Northwest Tulsa neighbors and other partners advocating for the community, and creating opportunities through education, physical and mental health, career development, sports and the arts for children, families, and residents of all ages.

Job Description:

The Group Fitness Instructor is responsible for planning and leading fitness classes specifically designed for senior adults with varying levels of health, mobility, and experience. This role emphasizes creating a welcoming, safe, and inclusive environment that encourages participants to improve physical health, build confidence, and enjoy community connection.

ROLE AND RESPONSIBILITIES

- Plan and instruct group fitness classes tailored for senior adults, inclusive of multiple fitness levels.
- Incorporate diverse formats such as cardio, strength, balance, flexibility, and cardio drumming (preferred).
- Demonstrate and monitor proper exercise techniques to ensure safety and effectiveness.
- Ability to operate current fitness programs, such as cardio drumming, line dancing, and more.
- Motivate and encourage participants while fostering a fun and supportive environment.
- Adapt exercises for participants with health considerations or mobility limitations.
- Greet participants and ensure a welcoming environment before each class.
- Track class attendance and report participation numbers to the Senior Adult Program Manager.
- 1. Communicate with the Senior Adult Program Manager regarding participation, progress, and needs.
- Maintain a clean and organized space before and after each class.

REQUIRED QUALIFICATIONS

- Bachelor's degree (or equivalent experience) in Physical Education, Kinesiology, Exercise Science, or a related field.
- Minimum of 3 years' experience in fitness instruction, group exercise, or wellness programming.
- Strong knowledge of fitness principles, exercise safety, and senior adult modifications.
- CPR and First Aid Certification (or willingness to obtain).

RECOMMENDED QUALIFICATIONS

- Strong communication and interpersonal skills.
- Proven ability to motivate and engage participants in group fitness activities.
- Organizational skills and attention to detail.
- Ability to lift and carry up to 20 pounds.

ADDITIONAL NOTES

This job description provides a general overview of the responsibilities and qualifications for the Group Fitness Instructor position. This role may involve leading 1–3 classes per week, Monday–Friday, from 10:00–11:00 AM, depending on community interest and program growth.

The Program Manager of the Senior Adults Program will establish your schedule, including any hours worked outside of the Senior Adult Department. To apply, please go online [HERE](#) or email dtardibono@cgtulsa.org