



# Group Fitness Instructor Application

Term Applying For:

Name: \_\_\_\_\_ Date: \_\_\_\_\_  Fall  Spring  Summer

Local Address: \_\_\_\_\_ Phone: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

E-Mail: \_\_\_\_\_ Academic Classification: FR SO JR SR Grad Non-student

Academic Major: \_\_\_\_\_ GPA: \_\_\_\_\_ Anticipated Graduation Date (mo/yr): \_\_\_\_\_

\*Please include your class schedule for the semester in which you are applying and a resume if you have one.\*

**Please answer the following questions. Take your time and write as much as it takes to answer the question well, but limit your response length to the space provided.**

1. Do you hold a nationally recognized Group Fitness or Personal Trainer Certification? **YES NO**

If yes, please list current relevant certifications: \_\_\_\_\_

\*All personal trainers must become certified within six months of hire.

2. Please briefly describe any group fitness and/or personal training experience you have:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. What is your personal fitness philosophy?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4. Why would you like to teach/train for Campus Recreation as compared to other facilities off campus?

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5. What class format(s) are you interested in teaching? \*For Group Fitness Instructor applicants only\*

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**Is your CPR Certification Current?** YES NO      **Expiration date:** \_\_\_\_\_

**If you were to be hired, what time slot(s) would you prefer to teach/train?** (circle all that apply)

- Weekday mornings (between 6am-9am)
- Weekday mornings (between 9am-12pm)
- Weekday afternoons (between 12pm-4pm)
- Weekday evenings (after 4pm)
- Saturday & Sunday (between 8am-3pm)
- Other: \_\_\_\_\_

**Will you be available in the summer?** YES NO

**Are there any other activities that will affect your work schedule (i.e. athletics, church, clubs, other jobs, etc.)?**

No     Yes    If yes, please list items, days, and time: \_\_\_\_\_

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**Work Reference**

Name \_\_\_\_\_ Phone \_\_\_\_\_ Company \_\_\_\_\_

**Personal Reference**

Name \_\_\_\_\_ Phone \_\_\_\_\_ Relationship \_\_\_\_\_

The Student Fitness Center employs over 100 students with opportunities for advancement and professional development. The majority of our hiring tends to occur near the end of each semester, as we anticipate student employees graduating out of the university and work to create the group fitness and small group training schedules for the upcoming semester. If you are not selected the first time you apply, we encourage you to continue to improve your resume and apply again.

**If you have any questions about the position please contact the Fitness Programs Coordinator, Ashlyn Tocco at 618.650.5395 or atocco@siue.edu.**