

# GREATER > MIDLAND

Promote Vitality. Build Belonging. Serve with Heart.

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**Greater Midland**  
Corporate Wellness

1254 Enclave Parkway  
Houston, TX 77077

## Salary

Hourly wage of \$35 - \$45 per hour

## Why You Should Apply

As a part-time employee at Greater Midland, you receive:

- > The opportunity to make a lasting impact on families while gaining valuable hands-on experience
- > On-the-job training
- > A free premier membership at any of our centers with the ability to upgrade to a family membership
- > Discounts on Greater Midland programs and services
- > You will enjoy a predictable schedule with consistent hours (0-24hrs/week): Tuesday OR Wednesday from 11:15a – 12p

(GM1087)

## Group Exercise Instructor (Part-Time)

### The Position

The Group Exercise Instructor works to safely and efficiently lead various group exercise classes while demonstrating and correcting participants on proper technique and functionality.

### Major Job Responsibilities

- > Introduce yourself to class participants
- > Introduce your class format and expectations to class participants
- > Prepare and organize class in advance
- > Follow class format and time restraints
- > Choose appropriate music and vary your selections
- > Begin and end class on time to ensure schedule is kept
- > Find substitutes to cover shifts, expected to help others when necessary
- > Attend staff meetings and training sessions
- > Maintain current standards of exercise
- > Project support and enthusiasm for class and Greater Midland
- > Be informed or be able to direct participants to further Greater Midland programs when asked
- > Maintain and check safety of all equipment, report concerns to manager
- > Initiate emergency procedures as trained.
- > Clean up before and after class

### Qualifications

- > CPR/First Aid Certified
- > National Certification/training desired or must possess format specific certification
- > Excellent customer service skills

**More Information About Greater Midland:** Greater Midland promotes vitality and builds belonging through recreation, wellness, and social services that encourage lifelong pursuit of learning, personal fulfillment, and good health. We respect differences and promote equality for all, offering programs and services that reflect the community's needs. Founded in 1919, Greater Midland's seven operating units have grown to include Midland Community Center, Coleman Family Center, Corporate Wellness, Curling Center, North-End Fitness Center, North Midland Family Center, and Tennis Center. We employ more than 500 people country-wide and positively impact an estimated 80% of City of Midland residents with 60% of those living in Midland County. Learn more at [www.greatermidland.org](http://www.greatermidland.org).