

**FITNESS INSTRUCTOR**  
**ANKENY FIRST UNITED METHODIST CHURCH**  
**710 NE 36<sup>th</sup> St., Ankeny, Iowa 50021**

Fitness classes at Ankeny First offer a unique blend of faith, community, and fitness. Fitness Instructors are key to helping create this atmosphere.

**RESPONSIBILITIES**

- Teaches scheduled classes, beginning and ending on time; provides adequate warm-up, exercises, stretching, and cool down.
- Sets aside intentional time for prayer or devotion (devotional books are available for use).
- Maintains a positive exercise experience for class participants encouraging community and relationship building.
- Instructs participants on effective workout methods; explains proper techniques, demonstrates exercises; identifies different muscle groups, and teaches appropriate methods to strengthen specific muscles.
- Prepares appropriate equipment, music, and handouts (if applicable) for each class.
- Assists participants by answering questions.
- Keeps staff informed of participant and facility needs.
- Ensures that safety standards are met and that sports/fitness ministry mission is adhered to.

**MINIMUM QUALIFICATIONS**

- Must be at least 18 years of age.
- Certified Instructor (ACE, AFAA) or equivalent.

**APPLY FOR THIS POSITION**

- Contact Jenny Kahler, Fitness Consultant at [fitness@ankenyfirst.org](mailto:fitness@ankenyfirst.org) or 515.289.9153

**“The vision statement behind SPORTS and FITNESS MINISTRY at Ankeny First United Methodist Church is "to involve people in a transformational relationship with Jesus Christ through sport, recreation and fitness ministries."**