

FOR IMMEDIATE RELEASE

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CONTACT: Susan Cummings, Recreation Programmer  
623-930-4612

### **Group Fitness Classes Needing Leaders**

**GLENDALÉ, Ariz.** – The Glendale Parks and Recreation Department offers fitness classes to the public and is in need of instructors to lead the classes.

The instructors are needed to develop and lead cardiovascular and strength fitness classes and must be comfortable in front of a group and be able to teach proper form and alignment for movements and exercises.

Instructors can earn \$15 to \$18 per hour. They must be at least 18 years old, have at least one year of aerobic/fitness teaching experience, have CPR and first aid certification from Red Cross and be certified by a recognized organization in the area of group exercise.

Classes are taught in a variety of facilities throughout the Glendale area. For more information, please call Susan Cummings at 623-930-2612.

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City of Glendale  
5850 W. Glendale Ave.  
Glendale, AZ 85301  
(623) 930-2960