



Job Description: EnhanceFitness Instructor

Overview

Teach an older adult curriculum (EnhanceFitness) that includes flexibility, aerobics, strength and balance training. Training in the specific curriculum is provided.

Classes are held three times per week. Each class session is one (1) hour.

Tasks and Responsibilities

- Organize class space.
- Demonstrate, explain, and lead the proper exercise activities.
- Provide pertinent information about precautions and safety of exercising, especially during strength training.
- Adapt exercises for the level of strength or frailty of each participant.
- Participate in training opportunities provided by the EnhanceFitness sponsors.
- Complete administrative record keeping functions, including health history forms, physician notification letters, class roster report, and evaluations.
- Instruct participants in importance and relevance of fitness testing, and conduct fitness tests per prescribed protocols.
- Store all equipment and return room to its original arrangement.

Required

- Current nationally recognized fitness instructor certification.
- Current CPR certification.
- Successful completion of the EnhanceFitness New Instructor Training.

Skills and Experience (preferred, not required)

- Two years of hands-on leadership experience or an academic background in exercise science, physical education, or a related health field.
- Knowledge of chronic diseases, special needs, and issues pertaining to older adults.
- Basic motivational and counseling techniques.

Start Date, Site, and Salary

To be determined by the site administration.