



Job Description: EnhanceFitness Master Trainer

Location: EnhanceFitness Sites

Responsibilities:

- Teach EnhanceFitness New Instructor Training course to new and current instructors, as needed.
- Support each new EnhanceFitness instructor through the first 6 months after the instructor completes the New Instructor Training.
- Maintain the fidelity of EnhanceFitness.
- Attend meetings related to EnhanceFitness as provided and as appropriate.
- Attend EnhanceFitness Annual Instructor Workshop as provided and as appropriate.
- Attend EnhanceFitness Annual Master Trainer Workshop as provided and as appropriate.
- Implement EnhanceFitness improvements and revisions.
- Work with affiliate to develop an annual work schedule and budget that includes both EnhanceFitness New Instructor Trainings and instructor support.

Qualifications:*

- Degree in exercise science, exercise physiology, or physical therapy or certification by ACE or ACSM.
- At least one year of experience in teaching older adult group exercise classes.
- Teach at least one ongoing EnhanceFitness class.
- Experience working with older adults and knowledge of diseases, disabilities, special needs, and issues pertaining to an older population.
- Current First Aid and CPR certification.

* Any waivers to these qualifications must be submitted in writing for approval to Project Enhance.