

Mt. Si Senior Center
Fitness Instructor
Part-time, Non-exempt
\$25 per hour



POSITION SUMMARY: Under the supervision of the Program Coordinator, the Fitness Instructor is responsible for providing safe, effective, physical fitness classes appropriate for seniors aged 50 and older. The fitness instructor is proficient at leading overall fitness programs that promote strength, balance, and cardio fitness. They will assist clients in answering fitness related questions all while maintaining a positive exercise experience. The instructor performs their work independently and in a manner consistent with Mt. Si Senior Center's goals and objectives, and applicable policies and procedures.

This position is part-time and usually consists of working part-time in the morning, Monday -Friday between the hours of 9:00 AM and 12:00 PM with hours and shifts that may vary during that time frame and during the week.

ESSENTIAL DUTIES AND RESPONSIBILITIES:

1. Teach fitness classes especially formulated for older adults, modifying instruction as necessary to meet the seniors' level of fitness and abilities.
2. Oversee class activities and act as the class safety monitor during class.
3. Assist clients as needed during their classes, answer questions and know where and when to direct client who needs more information.
4. Ensure guest safety and enforce facility, health department, and organization policies.
5. Maintain program equipment in good working order and keep equipment organized.
6. Arrange and prepare the Center's multi-purpose space for classes and return the space to its original condition.
7. Ensure classroom space is kept neat, clean and litter free.
8. Proactively communicate with the Program Coordinator and Front Desk staff in the event of concerns or absence, planned and unplanned.
9. Inspect equipment for damage while setting it up and reporting any issues to the Program Coordinator.
10. Exercise professionalism through excellent communication and customer service skills.
11. Participate in the organization's equity, social justice, and inclusion efforts.
12. Other duties as necessary and assigned.

QUALIFICATIONS:

To perform this job successfully, an individual must be able to perform each essential duty satisfactorily. The requirements below are representative of the knowledge, skills, abilities and attributes required.

1. Minimum of eighteen (18) years of age.
2. A combination of education and experience that provides the applicant with the knowledge, skills & abilities to perform the job will be considered.
3. Current First Aid, CPR and group fitness certifications or the ability to obtain them within one month of employment.
4. Current knowledge of fitness program rules, regulations, requirements, and restrictions.

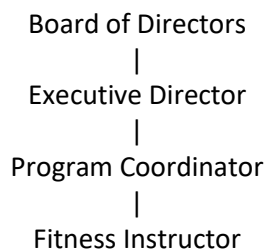
5. Ability to work independently and proactively look for issues or concerns to maintain the safety of our clients.
6. Skilled at leading adapted fitness programs while maintaining a positive attitude.
7. Proven ability to provide exemplary customer service, social service, and interpersonal skills.
8. Ability to establish rapport and maintain cooperative working relationships with user populations and staff.
9. Reading, interpreting, applying, and explaining rules, regulations, policies, and procedures.
10. Experience relating to diverse groups of people in a respectful manner regardless of their backgrounds and lifestyles (e.g., diverse levels of income, physical ability, education, language, etc.).
11. Proficiency with online platforms and Microsoft office
12. Great written and verbal skills. Ability to effectively present information in 1-on-1 and small group situations.
13. Analyzing situations accurately and adopting an effective course of action.
14. Must be able to travel locally and attend occasional conferences and classes.
15. Must have a valid driver's license and reliable transportation.
16. Preferred Qualification: Experience in leading and providing instruction in senior fitness programs.

WORK ENVIRONMENT:

The physical demands described here are representative of those that must be met by an employee to successfully perform the essential functions of this job. Reasonable accommodations may be made to enable individuals with disabilities to perform the essential functions. While performing the duties of this job, the employee is regularly required to use hands to finger, handle, or feel and talk or hear. The employee frequently is required to stand, walk, and sit. The employee is occasionally required to reach with hands and arms; climb or balance; stoop, kneel, crouch, or crawl; and taste or smell. The employee must occasionally lift and/or move up to 10 pounds. Specific vision abilities required by this job include close vision, distance vision, color vision, peripheral vision, depth perception, and ability to adjust focus. Much of the work is done while seated in front of a computer. Some work may be conducted in the homes of seniors with environments that may vary.

Note: All employees are subject to periodic Criminal History Background Checks.

ORGANIZATIONAL RELATIONSHIP:



Salary and Benefits: Wage DOE. Benefits package includes 401K.

HOW TO APPLY:

If you are interested in applying for this position, please submit your resume and/or application, cover letter, and salary requirements to demelzar@mtsiseniorcenter.org. No calls please.

This position will remain open until we find the right person to be this dynamic member of our team.

ORGANIZATIONAL OVERVIEW:

Mt. Si Senior Center has been serving the needs of seniors in the upper Snoqualmie Valley as a 501(c)(3) since 1979. The Center enhances the quality of life for older adults in the Snoqualmie Valley by providing a comprehensive network of services including health and wellness checks, fitness classes, information and assistance, social and recreational opportunities, educational programs, volunteerism, housing, and transportation. We are proud of the work we do and have a passion for helping people. Become an integral part of our dynamic and growing organization.

Mt. Si Senior Center is an equal opportunity employer. The agency does not discriminate on the basis of race, color, gender, socio-economic status, marital status, national or ethnic origin, age, religion or creed, disability, or political or sexual orientation.