



### **Job Description**

Position Title: EnhanceFitness Instructor

FLSA: Non-Exempt

Salary Range: 16

Reports to: Program Coordinator II

Supervisory Responsibilities: None

### **Summary:**

The EnhanceFitness Instructor will lead, instruct, and motivate groups of elders in exercise activities, including flexibility, aerobics, strength, and balance training. They will work with elders of varied fitness levels, from fit and mobile to those requiring adaptation of activities and use of chairs or other physical supports.

### **Essential Functions:**

- Organize class space.
- Demonstrate, explain, and lead EnhanceFitness exercise activities.
- Adapt exercise activities to the physical needs and capabilities of individual participants.
- Provide pertinent information about exercise safety and fall prevention.
- Instruct participants in the importance and relevance of fitness testing, and conduct fitness tests per prescribed protocols.
- Store all equipment and return room to its original protocols.
- Complete administrative record keeping functions, including health history forms, physician notification letters, class roster reports, and evaluations.
- Provide backup coverage for other instructors as needed.
- Participate in training opportunities provided by the EnhanceFitness sponsors.
- Maintain the fidelity of the evidence based EnhanceFitness program.

### **Knowledge, Skills, and Abilities:**

- Knowledge of chronic diseases, special needs, and issues pertaining to elder adults.
- Basic motivational and counseling techniques.
- Proven ability to work independently.
- Well-developed interpersonal skills that will enhance a learning environment that is equitable and welcoming to community members of any race, ethnicity, faith, sexual orientation, gender identity or expression, disability, or economic status.

### **Minimum Qualifications:**

- Current CPR certification.
- Current nationally recognized fitness instructor certification.
- Successful completion of the EnhanceFitness New Instructor Training.
- Two years full time equivalent hands-on experience as a fitness/exercise instructor, or an academic background in exercise science, physical education, or a related field.

### **Working Conditions and Physical Effort:**

- Classes are held in community-based locations, which may require the employee to travel by automobile to and from classes in different locations under changing weather conditions.
- Work is normally performed in a typical interior/fitness environment.
- While performing the duties of this position, the employee is regularly required to demonstrate exercises, talk, hear, stand, walk, sit, use hand to finger, handle or feel objects, tools, or

controls, and reach with hands or arms. The employee lifts or moves up to 30 pounds. Reasonable accommodations may be made to enable individuals with disabilities to perform the essential functions.

**Revised Date: July 17, 2023**

*The statements contained herein reflect general details as necessary to describe the essential functions of this job, the level of knowledge and skill typically required and the scope of responsibility but should not be considered an all-inclusive listing of work requirements. Individuals may perform other duties as assigned including work in other functional areas to cover absences or relief, to equalize peak work periods or otherwise balance the workload.*