

**LEE COUNTY
POSITION ANNOUNCEMENT
INSIDE/OUTSIDE**

POSITION: FITNESS INSTRUCTOR

LOCATION: The Enrichment Center

Day and Evening Hours – Monday – 7:30 am – 9:30 am; Monday through Thursday 5:00 pm – 8:00 pm

\$15.00 per hour

Description of Work

The Fitness Instructor will develop and instruct classes for low impact aerobics, water aerobics, fitness yoga, and other innovative fitness programs which are appropriate for men and women in the boomer population (born 1946 – 1964) and older adults. The Instructor will schedule and provide weekly fitness room orientations for participants, which includes advising of policies and procedures. Answer participants' questions; provide advice and guidance on strength training and nutrition.

Essential Functions

Heavy lifting, pushing, or pulling required of objects up to 50 pounds. Knowledge and operation of fitness equipment is required to ensure proper use for safety of participants and the equipment. Maintain attendance records for assigned programs. Secure and maintain liability waiver documents for assigned programs. Review participants' liability and information form at the time of orientation for completeness. Assist with health and wellness fairs and classes outside of schedule as needed. Work with the Administrative and Marketing Specialist in developing and distributing flyers and materials as necessary for marketing and information purposes. Programs and planning of work is coordinated, observed, reviewed, and evaluated by the Senior Center Program Director.

Minimum Education and Experience

Associate, Bachelors or related degree in fitness or wellness, or fitness instructor certification or personal trainer certification from a nationally recognized organization. At least two years of experience directly related to the duties and responsibilities specified. Excellent verbal and written communication skills. Enthusiasm and creativity in coordinating programs for active boomers and older adults. Computer skills in MS Office applications (Outlook, Word, Publisher, Excel). First aid and/or first responder certification required. Valid NC Drivers License required as alternate locations will be required seasonally. Must maintain fitness instructor certification from a nationally recognized organization.

Lee County Senior Services will pay related costs for CPR certification and fitness instructor certification.

Application Process:

Applications may be obtained in the Lee County Human Resources Office, Lee County Government Center, 106 Hillcrest Drive, Sanford, NC 27330. Completed applications should be returned to the Human Resources Office. **The position will remain open until filled.**

Females and minorities are encouraged to apply. Lee County does not discriminate on the basis of race, color, national origin, sex, religion, age, or disabling condition in employment. Lee County is an equal opportunity employer.