

TOWN OF CARBONDALE JOB DESCRIPTION

POSITION NAME: Fitness Instructor
DEPARTMENT: Parks and Recreation

JOB SUMMARY: Program and implement fitness classes for Carbondale Recreation Department. This is a sub-contracted position paid at a rate of \$35 per class.

GENERAL DESCRIPTION OF DUTIES AND RESPONSIBILITIES:

Responsible for maintaining a governing body fitness certification and creating a fitness class within your scope of practice. Options include: Silver Sneakers instructors to teach one – three times a week from 9:00am to 10:45am; instructors to create their own program for Tuesday and Thursday evenings from 5:30-6:30pm and/or Monday, Wednesday, and Friday mornings time TBD. The classes should be either cardio, strength, or circuit based. You are to program, setup, teach, and return your equipment to its original position after class.

EDUCATION, TRAINING AND EXPERIENCE REQUIRED:

The Silver Sneakers instructor must be Silver Sneakers Certified through Tivity Health. All other instructors must have a group fitness certification from ACE, ACSM, NASM, etc. and/or class-specific certifications such as TRX, Kettlebell Training, etc. We will take newly-certified instructors.

OTHER SKILLS, CERTIFICATIONS, LICENSES AND TOOLS REQUIRED:

CPR

Liability Insurance

Equipment for the classes is what is available at the Recreation Center. You are welcome to bring in your own tools for your class. We have a minimum budget to purchase additional program supplies as necessary.

DESCRIPTION OF WORK SCHEDULE, HOURS, OVERTIME REQUIREMENTS:

Class time for Silver Sneakers are Mon/Wed/Fri 9-10:45am

Class time for Tues/Thurs is 5:30-6:30pm

Class times for morning class Mon/Wed/Fri are negotiable.

SUPERVISION RECEIVED:

Directly Supervised by Recreation Coordinators who are supervised by Recreation Center Manager.

WORK ENVIRONMENT:

Moving weights in and out of the storage room and during exercise demonstrations. Lots of bending and moving on your feet. Class is as impactful to joints as you design. Work is on a soft vinyl gym floor. Outdoor grass space is available to use in the summer.