



WHATCOM Council on Aging

JOB DESCRIPTION

POSITION: EnhanceFitness (EF) class instructor

AREA OF ASSIGNMENT: Bellingham Senior Activity Center

REPORTS TO: Whatcom County Council on Aging BSAC Health & Wellness Coordinator

SCHEDULE: EF is an hour long class held three times/week, at 9:30 on Monday, Wednesday, and Friday. This position may be shared.

There is a one year minimum contract.

WAGE: \$25.00 per hour

SUMMARY OF POSITION:

Backed by years of solid scientific research, EnhanceFitness is an evidence-based program at over 500 locations around the country, with more opening every day at facilities including senior centers, hospitals, assisted living facilities, and continuing-care retirement communities. BSAC is offering this program to provide an evidence based, sustainable fitness program to our membership with classes that are high quality, effective, consistent, and accessible by the diverse ability reflected in our members. EnhanceFitness offers a regular schedule of classes with a stable census, taught by qualified and enthusiastic instructor(s). Instructor must follow EnhanceFitness programming.

In addition to teaching the EnhanceFitness class, the instructor's responsibilities includes setting up and taking down equipment and chairs for the class, conducting Fitness Checks, and collecting the required class forms. The instructor must also maintain their fitness certification (through CEUs).

MINIMUM QUALIFICATIONS & EXPERIENCE:

Education and Experience

- Nationally recognized fitness instructor certification is required.
- Enhance Fitness training required (or to be obtained). Training is provided by BSAC with minimum one year contract.
- Basic first aid and CPR required (or must be obtained).
- Experience working with older adults in a fitness setting is desired.
- Experience in health promotion and recreation helpful.

Skills and Knowledge

- Working knowledge of human anatomy, kinesiology & training principles.
- Strong interpersonal skills and ability to work with individuals from a variety of occupational, educational and emotional backgrounds using courtesy, tact, and sensitivity.
- Interest and ability to work with population age 50 and over.
- Knowledge of group fitness teaching strategies and the incorporation of music, temp, cueing technique and rhythm.
- Ability to be professional and motivate.

WORKING CONDITIONS:

- Works closely with Center members and staff.
- May frequently lift and/or move up to 50 pounds, and occasionally must aide or assist participants.
- May work in areas with exposure to blood borne pathogens and environmental allergens.
- Possibility of exposure to hostile and offensive language from the public.
- Use appropriate safety equipment and follows established work safety policies, practices and procedures.

The statements contained herein reflect general details as necessary to describe the principal functions of the 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 be asked to perform other duties as needed.

It is the policy of the Whatcom County Council on Aging to not discriminate in services and employment. The WCCOA complies with Section 504 of the Rehabilitation Act of 1973 and Title VI of the Civil Rights Act of 1964 and the Americans with Disabilities Act of 1990.

Employee Signature

Date

Supervisor Signature

Date