

Senior Fitness Instructor – Part Time

Department

Parks & Recreation

Summarized Description

The City is looking for a fitness instructor to teach 1 or more low-intensity hour-long classes Monday through Friday. Fitness classes should be focused on daily functionality for those ages 55+. Chairs, weights, and bands are frequently used as tools in these classes. Classes will primarily take place in the mornings, 5 days per week and are taught at the East Ridge Community Center.

Qualifications

- 18 years of age or older
- Possess a Valid Driver's License
- Enthusiastic, confident, and outgoing personality
- Passion for fitness, wellness, and helping others
- CPR/AED certification preferred
- High School Diploma or equivalent

Requirements

- Must be able to climb, bend, twist, stoop, and/or crouch frequently
- May be required to carry, push, pull, drag, or hold up to 50 pounds of equipment

The City of East Ridge is an Equal Opportunity Employer and TN Drug Free Workplace
All options to apply can be found on the City's website at www.eastridgetn.gov