

Volunteer Position Description

Position: Fitness Instructor (Adult Life Skills)

Objectives: To provide small group fitness/exercise activity for adult residents.

Reports to: The Client Services Coordinator

Location: Century Villages at Cabrillo (The Oasis Community Center)

Responsibilities:

- Plan fitness curriculum that will provide residents with an opportunity to participate in a physical activity for 45 – 60 minutes
- Present weekly/monthly curriculum in a small group setting on an ongoing basis:
 - Topics may include Yoga, Pilates, Zumba, etc...
- Provide residents with information on the benefits of regular exercise.
- Mentor and provide positive role modeling.

Qualifications:

- Must be 18 or older
- Must have experience and interest in fitness programs or dance
- Excellent communication skills
- Enjoy working with adults in small groups
- Be free of felony conviction
- Comfortable working with diverse populations

Requirements:

- Complete all required enrollment documents
- Complete Live Scan fingerprinting
- Current CPR and First Aid Certificate
- Attend Monthly Volunteer Meetings and/or individual and group supervision and professional trainings.
- Commit to a minimum of 1 day per week, Evenings or Weekends.

For more Information Contact: Jaylene Westfall

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