

TALLAHASSEE SENIOR SERVICES

POSITION TITLE: LIFE Exercise Fitness Instructor

GOAL: Provide exceptional customer service to participants and guests

CLASSIFICATION FACTOR(S):

- 1099 Contract Employee
- Supervised by Health, Wellness & Fitness Program Coordinator
- 2 hours per week/hourly wage

The Tallahassee Senior Center Foundation is looking for a dynamic LIFE Exercise Fitness Instructor to teach two 60-minute weekly classes on Tuesdays and Thursdays from 9:30 – 10:30 a.m. Must be skillful in tailoring aerobic fitness classes to meet the needs of a diverse group of older adults. This position may include opportunities to sub for other classes and/or teach special workshops.

Submit resume to Ruth Nickens, Health, Wellness & Fitness Program Coordinator, Ruth.nickens@talgov.com 850-891-4042.

SKILLS AND OTHER REQUIREMENTS NECESSARY FOR POSITION:

- Team player.
- Outgoing and motivating.
- **Certified and experienced in** working with older adults.
- Knowledgeable about first aid.
- Able to pass a background check.

The mission of Tallahassee Senior Services is to offer opportunities designed to encourage active living, optimal aging, and social fitness for independent adults aged 50+