

JOB TITLE: Fitness Monitor

PRIMARY PURPOSE:

To monitor all member activities in fitness and gymnasium areas and assist exercising members as needs arise.

SUPERVISION:

Under the direct supervision of the health and wellness director or center coordinator.

DESCRIPTION OF WORK:

ESSENTIAL FUNCTIONS:

1. Perform general monitoring of fitness areas on lower level of center.
2. Must be able to communicate in an effective and professional manner.
3. Provide individual assistance to exercising members as needed.
4. Provide educational information and guidance to exercising members.
5. Ensure safe and effective activities for all exercising members.
6. Promote safety and healthy lifestyles.
7. Ability to appropriately respond to both emergency and non-emergency situations should they arise.
8. Assist in maintaining all center exercise equipment.

IMPORTANT FUNCTIONS:

1. Provide daily upkeep and cleaning of all exercise areas and lower level areas including restrooms, storerooms, etc.
2. Demonstrate professional development.
3. Perform related work as required.

QUALIFICATIONS REQUIRED:

Any combination of education, training, and experience providing the following knowledge, skills and abilities:

1. CPR/AED/AED and First Aid certification.
2. General knowledge of health, fitness and recreation principles, procedures and techniques.
3. Ability to work pleasantly and cooperatively with general public and co-workers.
4. Ability to operate with little supervision.
5. Appearance and demeanor which project a positive, professional image.
6. Ability to determine safe and unsafe exercise practices and be able to logically resolve those which are unsafe in an effective and compassionate manner.

Essential Qualities

1. Self motivated.
2. Willingness to learn and contribute to an educational environment.
3. Excellent communication skills.

### Physical Requirements

Performs a variety of physical activities as needed. Must be able to assist exercising members with hands on demonstrations and spotting if needed. May be involved in bending, lifting, pulling, and pushing of loads comparable to a full-bodied person. Spotting may require handling of excessive amount of weight. Must be able to withstand the normal circumstances of heavy exertion including and physical fatigue.

### Working Environment

Indoor working environment with extensive personal contact and communication. Environment conducive to high quality physical activity and learning.

### Licensing/Certification

1. CPR/AED Certification from a nationally recognized association/organization.

### Miscellaneous Requirements

Subject to working weekends and evening hours. May be required to pass drug testing and background check as required by the City of Springfield if applicable.