

Friday, September 15, 2017

## Group Fitness Instructor for Older Adults

Company: Older Adults Technology Services (OATS)  
Location: Brooklyn, NY

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Team Senior Planet is an innovative fitness and technology program sponsored by Older Adults Technology Services that teaches 15-20 person groups of seniors (60+) in New York City how to use gym equipment, do other forms of exercise, and use Fitbits to track their progress.

Team Senior Planet meets for 10 weeks between October 2nd and December 8th; the program is based out of the Chelsea Recreation Center and the Queensbridge Houses.

Team leaders are pivotal in creating a fun, safe, and supportive environment for older adults who wish to improve their fitness and stay well. Team Leaders are assigned one group and are responsible for teambuilding, explaining proper exercise technique, and identifying the group's fitness and wellness knowledge needs. This position will require 15-20 hours per week between the hours of 8:30am - 2:30pm on Mondays, Wednesdays, and Fridays, with an additional session in Queensbridge on Thursday mornings. [Learn more about the program here.](#)

### ROLE & RESPONSIBILITIES:

- Create a fun, safe, and supportive environment to facilitate team spirit and encourage fitness and wellness
- Guide participants through a structured curriculum
- Lead warm-up and cool-down routines
- Assist participants to correctly use gym equipment and technology
- Supervise volunteers
- Liaise with Recreation Center staff to secure necessary resources
- Attend all Team Senior Planet events at Senior Planet
- Monitor attendance and follow up with absent participants
- Data entry in Salesforce database
- Identify fitness and wellness knowledge needs and recommend possible resources
- Collect surveys and evaluations
- Provide feedback
- Maintain professionalism at all times
- Promote Team Senior Planet and Senior Planet by wearing the Fitbit and program apparel

### PREREQUISITES:

- Enthusiastic about working with older adults
- Current personal training and/or wellness certification
- Able to work with individuals possessing various levels of fitness within a group setting
- Familiarity using gym equipment
- Able to communicate technical information clearly
- Flexible, patient, and possesses a sense of humor
- Takes initiative to create activities and manage change
- Regular email and cell phone contact
- Superior time-management skills

On-the-job training is provided if necessary. This is a part-time paid position with the possibility of renewal. All qualified applicants will be afforded equal employment opportunities without discrimination because of race, creed, color, national origin, sex, sexual orientation, age, disability or marital status.

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