



LAKESHORE

Lakeshore Foundation is a non-profit 501c3 organization. Our mission is to enable people with physical disability and chronic health conditions to lead healthy, active, and independent lifestyles through physical activity, sport, recreation, advocacy, policy and research.

[New Job Posting :](#)

Fitness Specialist (Full Time)

Lakeshore Foundation is currently seeking an energetic, creative, resourceful, self starter with experience in fitness programming for individuals with physical disabilities. The position is full time and includes some evenings and Saturdays.

PRIMARY JOB RESPONSIBILITIES:

- Conducts new member orientations, which includes: review of medical history and physician recommendations, appropriate assessments, a review of member goals, initial exercise program and orientation to fitness center.
- Greets every member in the fitness area with a smile and a positive attitude.
- Instructs classes as scheduled or requested and reports attendance.
- Assists with set-up of activities and/or equipment for members requiring assistance.
- Takes every opportunity to suggest better exercise technique and educate members about the importance of safe and effective exercise, including member program updates.
- Maintains a safe fitness center area by continually returning equipment to its designated storage location.
- Performs personal training as requested by the Fitness Coordinator.
- Works in the Aquatics and Rec/Athletics areas approximately 8 of the 40 hours each week.
- Ensures all responsibilities have been covered when scheduling time-off.
- Demonstrates professionalism at all times, which includes adherence to fitness center policies, dress code, and being on time for scheduled shifts.
- Contribute to a positive work environment and overall team effort.
- Support health awareness activities and events with Health Promotion.
- Maintains cleanliness in the fitness center and fitness center office area.
- Communicates effectively with members, staff and guests.
- Reports any equipment issues to the Fitness Coordinator.
- Activates emergency first aid and/or rescue procedures as needed.
- Collaborating with other Lakeshore departments, activities, and events, as requested.

QUALIFICATIONS:

Bachelor's degree in Exercise Science, Exercise Physiology, or related field required.

Verified Certification through an NCCA accredited organization (ex. ACSM, ACE, NSCA) preferred but must be obtained within 6 months of hire.

Minimum of one year of experience in programming for individuals with physical disabilities and chronic health conditions preferred.

Good visual acuity and accurate color vision required. Ability to speak and hear clearly. Ability to move safely among fitness equipment and assist members which involves pushing, pulling, reaching, lifting, grasping and use of fine finger movements. Indoors in climate-controlled environment. Requires moderate to heavy exertion on a frequent basis.

Commitment to working in a team environment. Excellent interpersonal, verbal and written communications skills

CPR and AED required, Standard First Aid a plus

Please forward resume and letter of interest by November 10, 2023 to: Debbie Smith, debbies@lakeshore.org.