



Building Healthier
Communities

2031C Hospital Drive
Sedro Woolley, WA 98284

Are you looking for a position that makes a difference in the community? We currently have an opportunity for a passionate and motivated **Exercise Specialist** in our Fitness Center. The United Fitness Center has been providing safe, personalized, and effective exercise instruction for people in our community for over two decades. This position directly supports our goal of providing continuous prevention and wellness programming to meet needs in Skagit County and beyond.

United General District 304 is committed to improving the health and quality of life for the residents of the communities we serve. We focus our work along six pillars of wellbeing: Active Living, Community Professional Education, Engaged Youth & Communities, Healthy Eating, Thriving Children & Families, and Stewarding Assets and Opportunities. Our programs, staff, and volunteers seek to uphold our core values of **compassion, collaboration, innovation, equity, and excellence**. Learn more about how we are building healthier communities at www.UnitedGeneral.org.

EXERCISE SPECIALIST

Pay Rate: \$20.00 - 24.00 per hour (DOE)

FTE: 0.75 (30 hours per week)

Reports To: Active Living Manager

Exempt Classification: Non-Exempt

Posted: 01/13/2022

Job Overview:

The role of the Exercise Specialist is to provide support and assistance for all members utilizing the fitness facility. Our employees are uniquely qualified to help people of all ages and physical abilities reach their health and fitness goals.

Responsibilities and Duties:

- Assist with new member orientation
- Teach active adult fitness classes
- Design exercise prescriptions for all populations
- Conduct personal training sessions
- Assist Manager in program development, marketing, and performance improvement activities
- Perform office functions that may include processing new member paperwork, collecting monthly membership dues, and tracking and ordering supplies
- Assist with coordination of various Active Living Programs including but not limited to Yoga, Skagit Nature Rx, and Trek for Treasure

- Assist in program fundraising
- Perform regular facility and equipment cleaning tasks
- Perform other job-related duties as assigned

Qualifications:

- Bachelor's Degree – required, Master's Degree preferred
- Nationally recognized fitness certification (ACSM, NSCA, NASM or ACE) – required
- Current CPR/AED – required
- Current knowledge of exercise physiology, nutrition, counseling techniques and principles of adult education as applied to disease prevention and health improvement – required
- Minimum of one year experience in adult fitness and/or outpatient rehab setting, performing exercise training and health/wellness education with groups and individuals – preferred
- History of adult fitness, special populations or post rehab exercise – preferred
- Must have excellent interpersonal and customer service skills
- Ability to maintain productive and calm demeanor in a busy environment
- Must be highly motivated and self-directed
- Must possess computer skills using Microsoft Office, fitness software and/or database and report generation.
- COVID-19 vaccination required

Work Conditions:

- Busy gym environment with medium to high traffic volume
- Will be working with fitness equipment

Required Physical Abilities:

- Must be physically fit and able to endure up to eight (8) hours of leading exercises including walking, standing, bending, reaching, lifting and stretching.

We offer competitive compensation and benefits which include medical & dental, generous PTO accrual, sick leave, Voya deferred compensation/pension plans, life insurance, long term disability, short term disability, employee assistance program and free membership to our fitness center.

TO APPLY:

Apply via our posting on www.Indeed.com and please include a cover letter with your resume. For questions, contact hr@unitedgeneral.org. We look forward to hearing from you!

The above statements are intended to describe the general nature and level of work being performed by persons assigned to this position. They are not intended to be an exhaustive list of all associated responsibilities, skills, efforts, or working conditions. United General District 304, reserves the right to change, amend, add, delete, and otherwise assign any and all duties, responsibilities, and position titles as it deems necessary to meet the needs of the business.