



Building Healthier  
*Communities*

2031C Hospital Drive  
Sedro Woolley, WA 98284

## FITNESS TECHNICIAN OR EXERCISE SPECIALIST (TEMPORARY)

**Pay Range:** \$21.00 - \$34.00/hour (DOE)

**FTE:** 0.0 (10 -16 hours week)

**Exempt Classification:** Non-Exempt

**Position Opens:** February 9, 2024

**Position Closes:** open until filled

Are you looking for a position that makes a difference in the community? We currently have an opportunity for a passionate and experienced Fitness Technician or Exercise Specialist in our Active Living pillar. This is a temporary position covering staff leave occurring April through September. This position will work 10 -16 hours per week in the early morning and/or late afternoon. There is a potential for long term employment.

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](http://www.UnitedGeneral.org).

### Job Overview:

The role of the Fitness Technician or Exercise Specialist is to provide support and assistance for all members utilizing the fitness facility and other active living programs by providing a safe, supportive, clean, and friendly environment.

### Responsibilities and Duties:

- Maintain consistent communication and monitor progress of members to ensure they are reaching their health and fitness goals
- Design exercise programs/prescriptions for all populations including special populations
- Conduct personal training sessions and teach senior group fitness classes
- Assist Manager in program development, marketing, and performance improvement activities
- Perform clerical functions that may include processing new member paperwork, collecting monthly membership dues, and tracking and ordering supplies
- Prepare daily deposit paperwork for submittal to accounting department
- Assist with coordination of various active living programs including but not limited to Yoga for Everybody and Trek for Treasure
- Perform regular facility maintenance and cleaning tasks
- Write content for monthly newsletter
- Assist in program fundraising

- Perform other job-related duties as assigned

#### **Qualifications:**

- Degree in Exercise Physiology, Exercise Science, Sports Medicine or health related field; or two years' experience within the health/fitness field and high school diploma.
- Nationally recognized fitness certification (ACSM, NSCA, NASM or ACE)
- Current CPR/AED – required within 45 days of hire
- Current knowledge of exercise physiology, nutrition, counseling techniques and principles of adult education as applied to disease prevention and health improvement
- 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
- Must have excellent interpersonal and customer service skills to create positive and welcoming atmosphere for a diverse population
- Ability to maintain productive and calm demeanor in a busy environment
- Must be highly motivated, able to work independently, as well as be a productive team player
- Must possess computer skills using Microsoft Office, fitness software and/or database and report generation

#### **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 ten (10) hours of leading exercises including walking, standing, bending, reaching, lifting, and stretching.

#### **TO APPLY:**

Please visit our website [www.unitedgeneral.org](http://www.unitedgeneral.org) for a general application form. You can locate the form by clicking on the “Join Our Team” link under the “Contact Us” tab on our main webpage ([here](#)). Return your application and resume or cover letter to the following:

Email: [hr@unitedgeneral.org](mailto: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.*