

## EnhanceFitness® Instructor

### Senior Services for South Sound



Opening Date: August 14, 2023  
Closing Date: Continuous – Initial review begins August 14, 2023  
Department: Activities  
Job Type: Non-Exempt, 0.2 FTE – 8 hours per week  
Salary: Step 1 of the internal salary schedule which has a range of \$16.37 – \$21.07/hour with a starting wage of \$17.00 per hour, DOE.  
Benefits: Sick Leave in proportion to the FTE with up to 8 hours in a calendar month and no less than 1 hour for every 40 hours worked;  
Location: Virgil Clarkson Lacey Senior Center

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**Senior Services for South Sound is looking for an EnhanceFitness® Instructor at our Lacey location for 8 hours per week who leads the EnhanceFitness® class through the hour-long program. Come join an amazing team and help us drive our Senior Nutrition Program goals in support of our organization's mission and exciting growth!**

Senior Services for South Sound (SSSS) is a highly mission-driven 501(c)(3) dedicated to improving the quality of life for people as they age. While the focus is on delivering great service to seniors, our organization is filled with caring, thoughtful people who have a lot of fun and heart. As a diverse organization that values integrity, inclusion, respect, results, and service excellence, we are a positive culture where employees are engaged, empowered, and appreciated. Come join our team!

#### **What you will be doing:**

We're looking for an **EnhanceFitness® Instructor** working **8 hours a week** to lead the Lacey location's EnhanceFitness® class.

#### **Key outcomes:**

The EnhanceFitness® Instructor:

- Leads weekly group exercise, paying special attention to ensure that the participants are doing the exercises properly. Sets up chairs and equipment for the class and returns chairs to their carts and puts all exercise equipment away.
- Ensures all equipment is in safe, working order.
- Ensures attendance forms are filled out properly and all EnhanceFitness® paperwork is in order; may enlist volunteers to assist with these tasks.
- Participates in staff meetings, in-service trainings and other trainings.
- Performs other duties as required.

#### **What you will bring:**

- Must pass background check(s).
- Highschool diploma or GED.
- One year working with others.

- Certification in CPR, valid Washington State Driver's license and insurance.
- Certificate of completion for the EnhanceFitness® training and Group exercise
- KSAs: Principles and processes for providing customer service, personal services, curriculum, and training design; verbal communication; instructing others; selecting and using training/instructions and new procedures appropriate to the situation; and good oral comprehension and expression.

**Preferred:**

Applicants who also possess the following *may* receive additional consideration from the hiring manager:

- Associate's degree in physical fitness or related field.
- One year experience working with seniors in a group setting.

**Why work at SSSS?**

SSSS is committed to improving the quality of people as they age and having fun doing it. With a culture of inclusion and positivity, the goal of enriching the lives of seniors is powered by dedicated, inspiring people delivering programs such as Brighter Days Adult Day Program, Meals on Wheels, Senior Community Dining, Senior Transportation, Care Connection Caregiver Registry, Supportive Services, Health, and Wellness Programs, Adult Learning, Independent Living, and activities and classes featured at our two centers.

Moreover, we believe in supporting and taking care of our employees, offering medical, retirement, and paid vacations to eligible employees. Apply with your **cover letter, resume or CV, and references** today!

*\*The hiring authority may make a hiring decision at any time. Initial screening will begin on August 14, 2023. It is to the applicant's advantage to submit materials as soon as possible. The candidate pool certified from this recruitment may be used to fill future similar vacancies for up to six months. \*\*Senior Services for South Sound (SSSS) is an equal opportunity employer and does not discriminate based on age, sex (including gender identity), marital status, sexual orientation, race, creed, color, national origin, honorably discharged veteran or military status, or the presence of any sensory, mental, or physical disability or the use of a trained dog guide or service animal by a person with a disability.*

**Contact:**

Senior Services for South Sound, 222 Columbia Street NW, Olympia, WA 98501 | [hr@southsoundseniors.org](mailto:hr@southsoundseniors.org) | (360) 586-6181