



PRIMARY PURPOSE

Under the general supervision of the Health Promotion Program Manager, the Senior Group Exercise Leader instructs a minimum of one group exercise class to older adults. Depending on the location, 15-40 participants are expected per class. Classes are an hour long and class times range from 8:50 am to 1:30 pm throughout the day, depending on the site. Class schedules can be found at www.alwaysactive.org.

Duties & Responsibilities:

- ▶ Teaches a (minimum of) one-hour group exercise class at one of our locations throughout San Francisco
- ▶ Incorporate the program's 5 components: cardio, strength training, balance exercises, joint mobility, and flexibility
- ▶ Completes the Functional Aging Group Exercise Specialist Certification within 1 month of employment
- ▶ Participates in program trainings and annual celebration
- ▶ Commit at least one year
- ▶ Submits monthly invoices for payment

Requirements:

- ✓ Minimum of two-year experience teaching group exercise classes
- ✓ Good communicator, understands audience culture, and has a friendly disposition so that he/she can be an effective group exercise leader
- ✓ Bilingual English/Spanish or English/Chinese preferred
- ✓ Access to vehicle and clean driving record
- ✓ Work experience with older adults preferred
- ✓ Nationally recognized Group Exercise Certification through ACSM, NASM, AFAA OR ACE or 5 years' experience teaching group exercise classes preferred but not required