



FITNESS ASSISTANT

Responsibilities

Greeting all users of the fitness rooms upon entering and providing professional and courteous customer services at all times; assisting members in the implementation of their fitness plans and educating them on the proper use of the fitness machines and weight equipment, monitoring the use of the exercise rooms and multi-purpose courts, and the cleaning and general maintenance of the equipment.

Qualifications

Education: High School diploma or equivalent with some college level coursework in Exercise Science, Exercise Physiology, Athletic Training or a closely related field is preferred.

Prior customer service, health, fitness and athletics experience is preferred.

Physical Requirements of this position require the ability to perform the essential following functions: [Reasonable accommodations will be made for otherwise qualified applicants unable to fulfill one or more of these requirements]

- Ability to demonstrate and use a variety of fitness machines and equipment
- Ability to perform basic weight lifting techniques for demonstration purposes
- Ability to set-up and tear-down rooms and courts with tables, chairs, and other athletic equipment
- Ability to access all areas of the fitness center
- Stooping, kneeling, and crouching to perform physical activities associated with programs and events
- Ability to lift various objects weighing up to 50 lbs.
- Ability to stand for prolonged periods of time to monitor and evaluate the fitness activities of the members



Applications are available at Sturgis City Hall, 130 N. Nottawa; on our website at www.sturgismi.gov/HR; at the Doyle Community Center, 310 N Franks Ave, and www.doylecenter.com. *The City of Sturgis is an Equal Opportunity Employer.*