



**Power
Over
Parkinson's**

Group Fitness Instructor

Fitness Instructor – Parkinson's Fitness Instructor

Power Over Parkinson's Disease Foundation ("POP") is seeking a passionate, enthusiastic exercise instructor to provide group fitness instruction to an engaged group of people with Parkinson's and their care partners.

Duties and Responsibilities

- Plan, setup and conduct group exercise classes for participants including light equipment setup, music
- Communicate with participants and supervisor regarding safety concerns
- Create an environment that promotes support and provides tools and knowledge for participants to help them develop a plan and uphold their goals.

Qualifications

- At least 3 months teaching in a group exercise format.
- Knowledge of safe exercise technique and group exercise principles
- Specialized skill such as working with older adults and/or adaptive exercise techniques are given priority.
- Basic knowledge of physiology and body mechanics
- Capable of leading a variety of exercise routines
- Positive and effective interpersonal communication skills
- Ability to adapt exercises to meet different users' skill and ability.
- CPR/AED/First Aid Certification a plus
- Background in Exercise Science and/or Physical Therapy preferred (current student is ok)
- Ability to work with participants to address the whole person, including spirit, mind and body
- Familiarity with TRX equipment, rowing machines, and stationary bikes (knowledge of balance and mobility work a plus)
- POP will help and support candidate becoming certified in the use of TRX; rowing machines and other exercise formats. Physical demands include, but are not limited to the ability to lift light weights, bending, squatting, jumping, running, reaching, walking, etc.

Hours

Multiple classes available. \$50-\$75 per class depending on experience and certification(s).

Contact

Power Over Parkinson's: contact@poweroverpd.org OR call 804-708-2246