



Job Description

TITLE: Active Aging Fitness & Movement Instructor

DEPARTMENT: Butler Center for Dance & Fitness **Active Aging**
GRADE: Part Time, Hourly*
COMPENSATION: Hourly Rate TBD – commiserate with experience
FLSA: Non-Exempt

POSITION SUMMARY:

Leads wellness/fitness-oriented classes designed for the mature adult population, playing a pivotal role in promoting the health and well-being of older adults. The instructor must have knowledge of physiological changes that occur as individuals age, the risks of falling, and how to safely modify and adapt directed exercises and movement. The instructor fulfills the role of educator, guide, encourager, and motivator.

The ideal candidate is knowledgeable and experienced in leading group exercise and is passionate about health and wellness, enjoys working as a part of a team, understands and enjoys working with the aging population, and desires to help clients achieve their full fitness potential. The ability to teach with humor, motivation and a sense of fun is important.

NOTE: Starting at 3 to 5 classes weekly, the Active Aging Program has great potential to grow and add new classes at Ballet Austin, new programming for senior adults out in the community, and speaking opportunities on Healthy Aging Topics.

DUTIES AND RESPONSIBILITIES:

- Lead workouts geared towards the older adult population that are enjoyable and improve strength, balance, and independence while encouraging a sense of community among participants.
- Lead Active Aging Exercise classes both on-site and virtually following evidence based, best practice programs.
 - Assists with and utilizes technology to facilitate both in person and virtual fitness classes at the same time.
- Lead Active Aging Fall Prevention (Balance) workshops on-site, following evidence based, best practice programs.
- Assist in the development and implementation of Active Aging fitness and wellness activity programs both at Ballet Austin and in the community.
- Maintain safe, secure, and healthy fitness environment for on-site classes.
- Create a high-energy, motivating environment, cultivating a positive connection with participants that transforms lives, and makes a lasting impact.

OTHER ACCOUNTABILITIES:

- Ability to sub classes for other instructors as interested and available

PHYSICAL DEMANDS AND WORK ENVIRONMENT:

- Ability to demonstrate and participate in class *with* clients content using weights and bands
- Willingness to train to gain more understanding of functional aging and fall prevention
- Ability to drive off-site locations to lead classes as scheduled for community impact opportunities for healthy and active aging

EDUCATION AND EXPERIENCE:

- Group Exercise Instructor certification or the equivalent
- Basic knowledge of anatomy and basic Kinesiology
- Education/Certification training in Senior Fitness and/or Functional Aging
- Minimum 2 years teaching experience specifically with the senior adult population
- Knowledge of and experience with best practices using weights and bands with senior adults
- Ability to design classes using a variety of props as well as bodyweight-only exercises
- Ability to modify and adapt exercises to meet the needs of individual participants
- Knowledge of the MINDBODY scheduling platform a plus

COMPETENCIES -- KNOWLEDGE, SKILLS AND ABILITIES:

- Collaboration
- Effective Communicator
- Customer Focused
- Values Differences
- Resourcefulness
- Situational Adaptability
- Instills Trust

ORGANIZATIONAL RELATIONSHIPS:

- Reports to Director, Butler Center for Dance & Fitness

TO APPLY:

Please email cover letter, resume, and completed [Ballet Austin application](#) to Vicki Parsons at vicki.parsons@balletaustin.org

- BACKGROUND CHECK REQUIRED
- PROOF OF IDENTITY AND RIGHT TO WORK IN THE UNITED STATES IS REQUIRED

Ballet Austin is committed to enhancing the diversity of our student body, clients, faculty, and staff. Hiring and other employment-related decisions are made on the basis of an individual's qualifications, past experience, overall performance and other employment-related criteria. In conjunction with Ballet Austin's commitment to increasing the racial diversity within our organization, we are particularly interested in receiving inquiries from applicants of color. It is the policy of Ballet Austin to provide equal opportunities for employment and advancement for all individuals, regardless of age, gender, race, religion, color, disability, veteran status, sexual orientation, national origin, or any other legally protected category.