

Fitness Coordinator Position

Position start date: Immediately

The Detroit Diesel Corporation fitness facility is open exclusively to all Detroit Diesel employees, spouses, family, approved vendors and retirees. The Fitness facility is 18,000 square feet which features a full complement of Cybex strength training equipment, as well as Precor and Star Trac cardio equipment. The facility emphasizes prevention and wellness programming.

Mission Statement: The DDC-UAW Fitness Center is highly motivated to provide a vehicle to assist in healthy lifestyle changes and increase health and fitness awareness. We are committed to providing a positive, motivational, educational environment through our superior service and our ongoing professional development. In conjunction with the fitness/wellness programming staff, the Fitness Center is focused on providing DDC employees with the tools they need to achieve their personal fitness goals while enhancing their overall well-being in a time effective manner.

Position: Fitness Coordinator – Part Time / Full Time / On-call

City: Detroit State: MI

Qualifications: **PRINCIPLE ACCOUNTABILITIES:**

- Supervise and monitor exercising participants; provide personal training.
- Perform fitness assessments, determine exercise prescriptions and conduct first workouts for diverse populations, including, high risk members.
- Design, implement and evaluate incentive and health promotion programs.
- Create, implement, and evaluate specialty programs.
- Perform administrative tasks associated with facility operations.
- Instruct group exercise classes.
- Personal training of clients

JOB QUALIFICATIONS:

- Bachelor's degree in Exercise Science, Health Promotion, or health/fitness related field.
- CPR, First Aid and AED certification required.
- Strong organization skills required.
- Computer literate in Microsoft Office applications.
- Strong interpersonal communication skills required.
- Personable; positive attitude.
- ACE, AFAA, ACSM, NASM, NSCA Certification (preferred but not a must).
- Competency in Group Exercise (preferred but not a must).

The staff would work 30-40 hours per week. The hours of operation are 5am – 7pm, Monday - Friday, closed on weekends and Holidays.

Contact: Audry McDonald
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