

City of Covington
CAREER OPPORTUNITIES POSTING

JOB TITLE: Fitness Leader 1

The following statements are intended to describe the general nature and level of work being performed. It is not an exhaustive list of all responsibilities, duties and skills required.

To Apply – Complete an application and submit to Covington HR Department by 12:00p.m. on March 29th, located at 100 West Washington Ave. Covington, TN 38019 Applications may be found online at covingtontn.com or at the HR office.

Job Title: Fitness Leader 1

Job Duties: Assist with the implementation of fitness programs. Monitors and operates the fitness room and the use of equipment. Provides equipment orientation to patrons. Routine maintenance of equipment. May be required to open and close recreation facilities. Custodial duties as assigned. Assist with clerical duties as necessary. Performs duties in conformance to appropriate safety and security standards. Knowledge of PC Computer Microsoft Office Package.

Qualifications: Knowledge of strength training principals. CPR certified

(A) Knowledge of exercise fundamentals and techniques, human anatomy/physiology, first aid methods and safety precautions;

(B) Skill in operation and maintenance of isometric exercise equipment, weight benches and powered treadmills;

(C) Ability to perform heavy lifting of exercise equipment; work safely; Knowledge of strength training principals, CPR certification or willingness to obtain certification. maintain effective working relationships with patrons, supervisors and the public; understand and carry out written and oral instructions

Test Requirements: Drug Screen, Valid TN. Driver's license

- **Education:** High School diploma or GED, plus 1 year of College course work.
- **Minimum Age:** 18
- **Minimum Experience Required:** 1 year work related experience.
- **Work Hours and Work Days:** Approximately 20 hours per week. Successful candidate may be required to work early mornings, nights and weekends.
- **Permanent:** Yes
- **Salary – Grade Level 2: \$7.50 per hour**

WORKING CONDITIONS AND PHYSICAL EFFORT:

The physical demands described here are representative of those that must be met by an employee to successfully perform the essential functions of this job. Reasonable accommodations may be made to enable individuals with disabilities to perform the essential functions of the job. While performing the duties of this job, the employee is frequently required to walk, sit, and talk and hear. The employee is occasionally required to use hands to finger, handle, feel or operate objects, tools, or controls; and reach with hands and arms. The employee is occasionally required to climb or balance; stoop, kneel, crouch, or crawl. The employee must occasionally lift and/or move up to 150 pounds. Specific vision abilities required by this job include close vision, color vision, and the ability to adjust focus.

The City of Covington is an equal opportunity employer. All qualified applicants will be considered without regard for race, color, religion, sex, age, national origin, disability, sexual orientation, marital status, citizenship or other protected criteria.