Fitness Center

Part 1: Department Information

<table>
<thead>
<tr>
<th>Department: Fitness Center</th>
<th>Job Title: Fitness Center Assistant</th>
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<td>Room: E109A</td>
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Part 2: CWS Position Description

Fitness center assistant will help ensure fitness center users have a clean, safe and secure environment by frequent cleaning, monitoring proper use of equipment and opening/closing facility on schedule.

Minimum required skills needed:
- Must be able to interact constructively with any and all fitness center users.
- An interest in health fitness and wellness is helpful.
- Beginning level work skills are expected.
- Interest in developing skills necessary to monitor and/or advise proper use of fitness center equipment under in-direct supervision.
- Personal fitness level necessary to safely conduct the job requirements of this setting, which include lifting weights, moving equipment for cleaning, and assisting fitness center users with progressive resistive training equipment.

Preferred Skills:
- Experience with organized sports/ recreational / gym/fitness center settings.
- Established work skills.
- Personal fitness level commensurate with activities commonly found in the fitness center environment.