

Parkinson's Fitness Instructor (Contract Position)

Are you a passionate fitness professional looking to make a meaningful impact in the lives of individuals living with Parkinson's disease? We are seeking a compassionate and motivated instructor to lead an established Parkinson's Fitness program that incorporates non-contact boxing drills, functional fitness exercises, balance training, and mobility work.

The ideal candidate will have the ability to design and implement progressive exercise programs that accommodate varying stages and abilities of Parkinson's disease. This role requires strong leadership skills, patience, and the ability to create a safe, encouraging, and supportive environment that empowers participants to improve their strength, balance, mobility, confidence, and overall quality of life.

Responsibilities

- Lead engaging group fitness classes for individuals with Parkinson's disease.
- Incorporate non-contact boxing drills, functional fitness exercises, and balance training into class programming.
- Modify exercises to meet individual participant needs and abilities.
- Foster a positive, supportive, and motivating class atmosphere.
- Monitor participant safety and provide appropriate exercise instruction and progression.

Qualifications

- Current Group Fitness Certification (required)
- Current CPR Certification (required)
- Certificate of Insurance (required)
- Minimum of one year of group fitness instruction experience (required)
- Boxing experience (preferred)
- Experience working with older adults or special populations (preferred)

Compensation

Pay is negotiable based on experience.

This is a contract instructor position.