

Pilates Instructor, Independent Contractor

Organization: Wellness House, Hinsdale, IL
Department: Healthy Living Program Department
Supervised by: Wellness and Education Programs Manager
Status: Contract Position
Time Frame: Regular sub opportunities

Summary of Position:

This position is responsible for facilitating innovative exercise classes for people affected by cancer at Wellness House. Additionally, this position ensures that class attendance is accurate, required consents and consults are completed prior to participation in exercise classes, and the exercise room and equipment are maintained.

RESPONSIBILITIES (100% Program Responsibilities)

Direct Service with Participants: *Exercise Program* (Approximately 95% of the time)

- Sub for Beginning Pilates Mat classes as determined by the Program Manager
- Ability to cover staff absences for Pilates and other exercise classes as needed or requested.
- Enter participant attendance in MindBody as appropriate for programs or services in a timely fashion.

Program Support (5%)

- Ensure exercise room facility is in good working order, including maintenance of equipment, availability of supplies, and adherence to infection control practices. Report to Office Manager and Program Manager in a timely manner any observations of malfunction or inadequacy of the Wellness House facility such that it would compromise the safety of staff and/or participants, as well have a negative impact on the delivery of WH programs.
- Protect organization's value by keeping information confidential
- Participate in the evaluation of programs as requested by the Program Manager
- Perform general tasks and other duties as assigned

QUALIFICATIONS:

- Education: Pilates certification required; Group Fitness or Personal Training Certification required; Current CPR/AED certification required; Professional Liability Insurance required; Bachelor's degree in health-related field such as Exercise Science or equivalent experience preferred; Cancer Exercise Specialist or Certified Cancer Exercise Trainer preferred;
- Job Experience: One to two years of experience leading exercise classes. Experience working with a medical patient population, ideally with a cancer patient population.
- Special Knowledge & Skills: Solid understanding and appreciation of the fundamental principles of safe exercise programming; general computer skills, including knowledge of Microsoft Office Products such as Word and Excel; good interpersonal and organizational skills.
- Demonstrated Competencies: Ability to conduct multiple exercise classes on a daily basis, including supervising aerobic, resistance, flexibility and balance training; ability to communicate effectively both verbally and written; ability to collaborate with peers and provide constructive feedback to others; desire to work as a team member and accomplish the larger goals of the organization.
- To Apply: Submit cover letter, resume, salary history, and salary requirements to cmixa@wellnesshouse.org Faxed, mailed, or incomplete applications will not be accepted. No phone calls please.