



New to the Redwoods – Wellness Center New Position – Fitness Coach

The Redwoods, Healthcare Center, Mill Valley, CA

Join the dedicated team of professionals at The Redwoods, a vibrant non-profit, multi-level retirement facility located in beautiful Mill Valley California. The organization's mission is to provide and maintain a creative, affordable community that promotes good health, well-being and security for a diverse group of elders.

Why the Redwoods?

- Competitive Rate of Pay and Benefits
- 100% Employer Paid (Premium, Annual Deductible) Kaiser Medical Insurance
- 100% Delta Dental (Premium)
- Paid Vacation, Sick Leave, Holidays and Personal Days
- Commitment to Excellence - Training and Staff Development



2016, 2015, 2014

New Opportunity – Fitness Coach in soon to open Wellness Center

In collaboration with the Director of Programs, the Fitness Coach will create and implement programs designed to keep Residents on a path towards optimal Physical Wellness. Conducting personal assessments, the Fitness Coach will help Residents identify their fitness goals, create quarterly action plans, and monitor Resident's progress towards their goals. Designed plans must be in accordance with current safety exercise standards for seniors.

Senior care is one of the fastest growing sectors of the health care industry. If you have a passion for senior fitness, an understanding of whole body wellness, and the ability to multi task, we invite you to further your career and prepare yourself for the future by joining The Redwoods (theredwoods.org) a highly regarded facility in Mill Valley, CA.

Interested? Review the Position Details and Qualifications. If a match with experience please submit your resume and cover letter, describing relevant qualifications and salary requirement.

EMAIL: Apply by email with cover letter and resume.

FAX: (415) 383-0115 Attention - Human Resources

Or apply in-person at The Redwoods: 40 Camino Alto, Mill Valley, CA 94941

POSITION DETAILS AND QUALIFICATIONS: Design and implements safe, effective, and enjoyable physical wellness programs that will meet the unique needs of Residents

- Assist Residents with the formulation of their fitness goals
- Support, teach and encourage Residents to meet their fitness goals
- Follows-up with Residents, monitoring their progress, and maintaining related records
- Provide individual, small group and/or class instruction in fitness, balance, strength, and overall wellness
- Schedule and conduct new Resident orientation sessions
- Train and monitor Residents on the use of the Center facility and exercise machines
- Increases Resident awareness of all healthy lifestyle factors
- Maintain a collaborative relationship with outside facilitators who lead fitness related classes, and with any Private trainers residents might employ. Participation in classes and goals set with Personal trainer should be compatible with Resident action plan as agreed upon with the Fitness Coach.
- Schedule and supervise life guard
- Assists with multiple Health and Wellness programs as necessary
- Assures that Center is clean, safe, and orderly
- Maintain current appropriate certifications.

EDUCATION, EXPERIENCE & SKILLS:

- A degree in a related field is preferred (Exercise Science, Kinesiology, Sports Medicine, Physical Education, Nutrition, Fitness Specialist, etc.)
- Nationally Certified Personal Training Certification (ACSM, NASM, ACE, NPTI or NSCA)
- Proven ability to create and implement a program designed to achieve the client's fitness goals using a variety of exercise
- One or more years of experience as a Certified Personal Trainer or exercise class facilitator
- Working knowledge as in anatomy, weight training principles, exercise prescription, nutrition and weight control
- Strong communication, customer service, and motivational skills
- Clearance with Fingerprinting and background check

PHYSICAL REQUIREMENTS:

- Physical effort required for daily duties include lifting, squatting, bending, reaching, and prolonged standing and walking

- Must be able to frequently lift and/or move up to 50+ pounds
- The ability and range of motion to perform and demonstrate all aerobic strengthening and flexibility exercises to be included in Resident fitness plans

The Redwoods is an equal opportunity employer. Organization policy prohibits unlawful discrimination based on race, color, creed, gender (including gender identity and gender expression), religion (all aspects of religious beliefs, observance or practice, including religious dress or grooming practices) marital status, registered domestic partner status, age, national origin (includes language use and possession of a driver's license issued to persons unable to prove their presence in the United States is authorized under federal law), ancestry, physical or mental disability, medical condition (including cancer or a record or history of cancer, and genetic characteristics), sex (including pregnancy, childbirth, breastfeeding or related medical condition), genetic information, sexual orientation, military and veteran status or any other consideration made unlawful by federal, state, or local laws.