

Fraser Valley Metropolitan Recreation District
P.O. Box 3348 Winter Park, CO 80482
970-726-8968

POSITION TITLE: Fitness Attendant
CLASS: Part time - Volunteer
SUPERVISOR: Recreation Supervisor – Fitness & Gymnastics



WHY VOLUNTEER FOR THE FRASER VALLEY METROPOLITAN RECREATION DISTRICT?

The Fraser Valley is situated in a high mountain park and surrounded by the Arapaho National Forest and several wilderness areas. Home to Winter Park Resort, a world-renowned ski resort, the Fraser Valley offers a variety of winter activities and our idyllic summer climate is a haven for outdoor enthusiasts. The FVMRD has established an outstanding reputation for quality recreation and excellent customer service, creating amazing experiences for our residents and guests every day. We invite you to join our team!

GENERAL STATEMENT OF DUTIES: Supervise patron usage of the fitness area. Restock patron cleaning supplies and keep the fitness area tidy and safe.

ESSENTIAL JOB FUNCTIONS: The following examples are meant to be illustrative only and are not intended to be all inclusive. FVMRD reserves the right to modify the essential functions of this job at any time.

- Gently inform patrons when rules and policies are not being followed and help them to align their behavior with GPCRC rules and policies.
- Perform weight room orientations for members and guests.
- Answer questions about personal training and group classes.
- Complete and submit incident reports as needed.
- Sweep dirt and debris out from under fitness equipment.
- Restock disposable fitness wipes, wash and stack cloth fitness towels, and refill cleaning solution bottles.
- Restock soap, toilet paper, and paper towels in fitness area restroom.
- Clean fitness area and group fitness mirrors.
- Change TV channels or music station when patrons request.

REQUIRED KNOWLEDGE, SKILLS, AND ABILITIES:

- Ability to read and interpret written documents and manuals.
- Ability to communicate clearly and concisely, both orally and in writing.
- Ability to establish and maintain an effective working relationship with staff members, patrons, and the general public.
- Knowledge of FVMRD rules and policies including weight room specific policies and age restrictions.
- Knowledge of fitness equipment including cleaning procedures and safe usage.
- Must be able to maintain a positive attitude and complete any verbal or written “to do” lists provided by your supervisor.

EDUCATION, TRAINING, AND EXPERIENCE:

- Must have at least 40 hours of experience exercising in a gym setting.
- Personal trainer, group instructor, or other fitness credentials preferred.
- Must possess, or be able to obtain, CRP, First-Aid, AED certifications (training provided).

Work Environment: Work is performed in a fitness studio, gymnastics studio, or gymnasium setting and may include periods of high activity. The noise level is typically quiet to moderately loud.

Physical Requirements: While performing the duties of this position the volunteer is required to walk, stand, sit, talk, hear, and see. The volunteer is occasionally required to climb, balance, squat, kneel, and lift 10 pounds or greater.

The FVMRD is customer service oriented and committed to hiring individuals who respond effectively to citizen needs and concerns.

EQUAL OPPORTUNITY EMPLOYER

Volunteer Name

Volunteer Signature

Date