

 **JOB ANNOUNCEMENT**

**Job Title:** **Personal Fitness Instructor**

**Location:**  AutismUp at the Golisano Autism Center, Rochester, New York

**Hours:**  Part-time, afternoons, evenings and weekends

**Position Summary**: The Personal Fitness Instructor will facilitate and provide direct instruction in an individual fitness-based program. Program will focus on fitness related activities and tailored specifically for each participant. Must be able to modify exercises based on participant needs as well as be able to motivate participants to reach their individualized goals.

**Responsibilities:** Connect with each participant and/or family members to create an individualized fitness plan. Coordinate and schedule individual training sessions with participants and/or family members. Demonstrate various exercises and routines. Supervise participant’s exercise routines and assist them in utilizing the correct techniques to minimize injury and improve fitness. Monitor individual goals and objectives of participants while providing families progress updates. Responsible for the supervision and safety of program participants. Communicate with Program Director on participant’s progress.

**Qualifications:**

High School Diploma required; bachelor’s degree or college experience in related field preferred. Previous experience working with individuals with developmental disabilities a plus.

The Personal Fitness Instructor is required to have a personal fitness certification, and a good understanding of physical fitness, exercise science, exercise techniques, and personal training.

Must be able to lift 35 lbs. and are physically able to maneuver safely throughout the Fitness Room and Gymnasium.

**About the Organization:** AutismUp is the leading 501(c)3 autism support organization in the Greater Rochester and surrounding areas. Founded in 2004, by a small group of parents of children with Autism Spectrum Disorder, AutismUp has grown to include more than 2,300 family and professional member households.

**Our Mission:** To support individuals with Autism Spectrum Disorder, and their families, by expanding and enhancing opportunities to improve quality of life. Parent perspective steers the direction of the organization, with the fiduciary guidance of our Board of Directors. Together, we are providing help for today, and hope for tomorrow.

**How to Apply:** Email inquiries and resumes to: HR@autismup.org

**Equal Employment Opportunity Policy**

AutismUp provides equal employment opportunities to all employees and applicants for employment and prohibits discrimination and harassment of any type without regard to race, color, religion, age, sex, national origin, disability status, genetics, protected veteran status, sexual orientation, gender identity or expression, or any other characteristic protected by federal, state or local laws.