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Greater Midland
Corporate Wellness

Salary

Hourly wage of \$13.00 per hour

Availability

Work various shifts within these timeframes: M-F 5am-9pm; Sat 7am-2pm

Why You Should Apply

As a part-time employee (0-24 hrs/wk) at Greater Midland, you receive:

- > The opportunity to make a lasting impact on families while gaining valuable hands-on experience.
- > On-the-job training!
- > A free premier membership at any of our centers with the ability to upgrade to a family membership.
- > Discounts on Greater Midland programs and services.

(Job Code: GM2000)

Wellness Specialist – Part Time

The Position

Under the direction of the Wellness Manager, the Wellness Specialist works to ensure Wellness Center members exercise safely and effectively. The Wellness Specialist will also be responsible for teaching health education classes, providing personalized instruction, conducting fitness assessments and orientations, and participating in special events.

Major Job Responsibilities

- > At least 80 percent of time will be used interacting with members with the other 20 percent used for cleaning, projects, etc.; during peak times, Wellness Specialist will be on the floor.
- > Answer questions to the best of your ability and find answers when necessary.
- > Give orientations, tours of the Wellness Center, information on other operating centers of the Greater Midland, guidance and support to members and Corporate Wellness team members, and represent Corporate Wellness in a positive way at all times.
- > Be visible on the floor, prepared to answer questions, giving members assistance as needed, and performing cleaning duties.
- > Recognize when equipment needs to be repaired, mark it as such, and notify supervisor immediately.
- > Create a safe environment for members.
- > Provide proper first aid treatment when necessary.

Qualifications

- > Exercise Science or Health Science Degree (years of experience considered)
- > Personal Training and Group Fitness certification require, will consider currently working towards certification
- > Must be able to lift a minimum of 75 pounds to show and teach fitness exercises
- > CPR & First Aid certifications
- > Excellent people skills

More Information About Greater Midland: Greater Midland promotes vitality and builds belonging through recreation, wellness, and social services that encourage lifelong pursuit of learning, personal fulfillment, and good health. We respect differences and promote equality for all, offering programs and services that reflect the community's needs. Founded in 1919, Greater Midland's seven operating units have grown to include Midland Community Center, Coleman Family Center, Corporate Wellness, Curling Center, North-End Fitness Center, North Midland Family Center, and Tennis Center. We employ more than 500 people country-wide and positively impact an estimated 80% of City of Midland residents with 60% of those living in Midland County. Learn more at www.greatermidland.org.