



PROGRAM DESCRIPTION:

Tower Cancer Research Foundation's Magnolia House Patient Support program is an integrative wellness program offering mind and body classes at no cost to cancer patients and survivors. The fitness classes provided offer cancer survivors an individualized exercise regimen to improve health-related components of fitness and balance during survivorship period. These classes are conducted in a safe environment supervised by oncological fitness trainers.

JOB DESCRIPTION:

As a fitness trainer/oncological fitness trainer you will work in a team environment, conducting and supervising exercise sessions for participants who have undergone cancer treatment (i.e. chemotherapy, radiation, immunotherapy, hormone therapy, etc.) and perform additional duties as specified in essential job functions. Classes take place on Mondays 10:30am-1:30pm and Wednesday 11:30am-2:45pm

ESSENTIAL JOB FUNCTIONS:

- Set up exercise equipment for each fitness class
- Ensure equipment is sanitized before and after each use
- Build rapport with program participants
- Meet with participants to understand their needs, wishes, and review their limitations
- Supervise small groups of participants
- Modify exercises based on participant needs and goals
- Prepare educational and training support materials as needed by program staff
- Follow proper program dress code
- Communicate frequently and clearly with management and fellow instructors

PREREQUISITE KNOWLEDGE, SKILLS, AND EDUCATION

- Bachelor's degree in exercise science or related field required OR prior work experience in related field
- Culturally sensitive to special populations
- An outgoing and personable disposition, able to socialize with others
- A passion for fitness and helping cancer survivors reach their health and fitness goals
- Ability to multi-task in a fast-paced environment
- Service oriented and an ability to understand or quickly grasp participant priorities/needs
- Effective oral and written communications skills
- Results oriented with an ability to organize, prioritize, and manage time
- Proficient in Microsoft Office, Excel, Word, and the ability to learn technical applications and processes quickly
- Must adhere to the concepts of teamwork, self-direction, and high-performance
- Current certification in CPR/AED required
- Certificate of liability insurance required
- Professional certification (ACSM, ASEP, NSCA) preferred
- Experience working with an oncological population preferred

PHYSICAL AND MENTAL REQUIREMENTS:

- Ability to function in stressful situations
- Ability to stand prolonged periods
- Ability to lift at least 20 lbs.
- Ability to listen and assist participants with individual needs

To be considered submit a resume to: magnoliahouse@towercancer.org