

The St. Mary's County Department of Aging & Human Services is seeking hourly, contractual group exercise instructors to teach an evidence-based group fitness program in the county Senior Activity Centers.

**Overview:**

Teach an older adult curriculum (EnhanceFitness) that includes flexibility, aerobics, strength and balance training. Training in the specific curriculum is provided and required.

**Tasks and Responsibilities:**

Demonstrate, explain, and lead the proper exercise activities.  
Provide pertinent information about precautions and safety of exercising.  
Adapt exercises for the level of strength and ability of each participant.

**Required:**

Current nationally recognized group fitness instructor certification.  
Current CPR/AED certification.  
Successful completion of the EnhanceFitness New Instructor Training (provided).

**Skills and Experience (preferred, but not required)**

Two years of group exercise experience or an academic background in exercise science, physical education, or a related health field.  
Knowledge of chronic disease, special needs, and health issues pertaining to older adults.

**Compensation:**

\$30-\$35 per hour.

For more information, call Brandy Tulley at 301-475-4200, ext. 1063. To submit a resume, email [brandy.tulley@stmaryscountymd.gov](mailto:brandy.tulley@stmaryscountymd.gov).