

St. Mary's County Senior Activity Centers are seeking fitness instructors to lead a variety of fitness formats for older adults. Formats may include Yoga, Strength Training, Cardio, Pilates, etc.

Qualifications:

Current, nationally recognized fitness instructor certification.

Current CPR/AED/First Aid certification.

Skills and Experience (preferred, but not required):

2 years experience leading group exercise for older adults

Knowledge of chronic disease, special needs, and issues pertaining to older adults.

Compensation:

\$30-\$35 per one-hour class

Please note, this is a contractual position. Benefits are not included.

Contact:

Interested persons should email a resume and references to Brandy Tulley at

brandy.tulley@stmaryscountymd.gov.