

The Edward A. Meyerberg Senior Center

Fitness Center Responsibilities

- Learn or have previous knowledge of how to use fitness equipment
- Oversee and interact with fitness members during their exercise program
- Learn or have previous knowledge taking blood pressures and heart rates
- Learn about medications that the senior population is prescribed
- Evaluate and design workout programs for new fitness members
- Design incentive programs for fitness members
- Observe and learn about other programs offered at the Myerberg Center
- Demonstrate exercises to improve balance skills

Prerequisites

- Current CPR/AED certification

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