Body Spot Silver Fitness Instructor

Brighton Senior Center / Brighton Community Education

Position Overview

The Brighton Senior Center is seeking an enthusiastic, dependable, and personable **Certified Fitness Instructor** to lead our established and highly attended **Body Spot Silver** fitness class for adults ages 50 and older.

Body Spot Silver is a total-body fitness class incorporating cardiovascular exercise, strength and weight training, floor exercises, flexibility, balance, and elements of yoga and Pilates. The program has approximately **60 registered participants**, with typical class attendance ranging from approximately **30–60 participants**.

Participants represent a wide range of ages, fitness levels, and physical abilities. The instructor must be comfortable leading a large group while creating an environment where each participant can safely exercise at their own level and pace.

Our longtime instructor is retiring after approximately 30 years of teaching the program. We are looking for someone who can continue the strong tradition of this popular class while bringing their own knowledge, personality, energy, and teaching style to the program.

Essential Responsibilities

- Plan and lead safe, engaging, and effective group fitness classes for adults ages 50+.
- Confidently lead and engage a large group of approximately 30–60 participants.
- Incorporate cardiovascular conditioning, strength training, flexibility, balance, stability, floor exercises, and appropriate elements of yoga and Pilates.
- Provide clear modifications and alternative movements for participants with varying fitness levels, abilities, mobility, and physical limitations.
- Demonstrate proper exercise techniques and safe use of hand weights and other fitness equipment.
- Clearly communicate and demonstrate exercises in a manner that can be followed throughout a large group setting.
- Monitor participants and the overall room for safety while maintaining the pace and flow of the class.
- Create a positive, welcoming, and inclusive atmosphere where participants feel encouraged to work at their individual level.
- Select appropriate music and operate basic audio, Bluetooth, and related equipment used during class.
- Respond appropriately to participant safety concerns or emergencies.
- Maintain consistent communication with Brighton Senior Center/Community Education staff.

- Arrive prepared and on time for scheduled classes and assist with reasonable setup and cleanup of the fitness space.
- Build positive relationships with participants and help maintain the friendly, supportive sense of community that is an important part of the Body Spot Silver program.

Qualifications

- High school diploma or equivalent required.
- Current nationally recognized group fitness, personal training, or comparable fitness instructor certification preferred. Candidates actively working toward an appropriate certification may also be considered.
- Current CPR/AED certification required or ability to obtain certification prior to beginning instruction.
- Knowledge of safe exercise practices, proper body mechanics, and appropriate fitness modifications.
- Experience teaching group fitness classes strongly preferred.
- Experience working with adults ages 50+ or older adult populations preferred.
- Experience leading large groups or demonstrated ability to confidently manage and engage a large fitness class preferred.
- Strong verbal communication skills and the ability to give clear, easily understood instructions.
- Ability to comfortably use basic technology, including Bluetooth/audio equipment and music devices.
- Dependable, patient, energetic, encouraging, and comfortable working with individuals representing a wide range of ages and abilities.

The Right Fit

We are looking for an instructor who understands that fitness after 50 is not one-size-fits-all. Body Spot Silver may include active adults in their 50s and 60s alongside participants in their 70s, 80s, and beyond.

The ideal instructor will be able to challenge more active participants while providing safe and meaningful alternatives for individuals who need lower-impact movements, additional stability, or a different pace. Because of the size of the class, the instructor should also be comfortable taking command of a large room, communicating clearly, keeping participants engaged, and creating an energetic and organized class environment.

Just as importantly, we are looking for someone who **enjoys working with people**. Body Spot Silver is not only a fitness class—it is an established part of our Senior Center community.

Opportunity to Grow

Fitness and wellness programming continues to be one of the most requested areas of programming at the Brighton Senior Center. For the right instructor, there may be opportunities

to **develop and teach additional fitness and wellness programs in the future**, including classes designed for different fitness levels and abilities within our growing 50+ community.

This could be an excellent opportunity for an established fitness professional looking to add daytime classes to their schedule, a retired fitness professional interested in returning to instruction on a limited basis, or an instructor interested in building and expanding their fitness programming through Brighton Community Education.