

## **City of Winooski Volunteer Position Description**

Exercise Video Instructor

### **Overview**

Under the direction of the Winooski Recreation and Parks Exercise Video Instructor Volunteers will work with our team to record exercise, wellness, or fitness classes in their area of expertise to be posted on our outreach channels and accessed by community members.

### **Responsibilities**

- Work with Winooski Recreation and Parks in a timely manner to get videos recorded
- Put together fitness/wellness routines to be followed by public
- Advise participants of proper clothing and shoes
- Offer alternatives during classes to accommodate different levels of fitness and access to equipment (example: someone doesn't have weights suggest at home alternatives such as cans)
- Teach proper exercise/fitness techniques

### **Requirements**

- Certified in an area of expertise
- Comfortable being recorded
- Experience in leading fitness/wellness classes a plus

Note: Volunteers may perform other related duties to meet the ongoing needs of the organization. Failure to comply with any requirement listed here, including violation of any Volunteer Program Guidelines, Park Policies or City Policies may result in release from the Volunteer Program.

### **Points of Contact**

Jenny Hill, Recreation Programs Manager  
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