



City Of Los Angeles • Department of Recreation & Parks
CHEVIOT HILLS RECREATION CENTER
2551 Motor Avenue
Los Angeles, CA 90064
(310) 837-5186 • cheviothills.recreationcenter@lacity.org

Senior/Adult Fitness (Recreation Instructor)

Cheviot Hills Recreation Center is dedicated to promoting health, wellness, and an active lifestyle for adults and seniors. Our fitness programs are tailored to help participants improve strength, flexibility, balance, and overall well-being in a safe, inclusive, and engaging environment.

Description of Duties:

We are looking for a compassionate and experienced Senior/Adult Fitness Instructor to join our team. The ideal candidate will have a strong understanding of fitness needs for older adults, a friendly and motivating teaching style, and the ability to adapt exercises for varying levels of ability and mobility.

Key Responsibilities:

- Lead group fitness classes or personal training sessions specifically designed for seniors and adults.
- Develop and deliver safe, effective, and engaging exercise programs that improve strength, flexibility, balance, and cardiovascular health.
- Provide modifications and individualized support to accommodate participants with diverse fitness levels or physical limitations.
- Foster a welcoming and supportive environment that encourages regular participation.
- Educate participants about proper exercise techniques, posture, and safety practices.
- Maintain up-to-date knowledge of senior fitness trends and best practices.

Available Hours:

Weekdays between 9am and 3pm. Seasonal and flexible schedules are available, with weekly hours ranging from 1-10 per, 8-week class session, depending on the programs, responsibilities, and availability. Programs will be created and offered based on candidate's availability.

Qualifications:

Certification in fitness instruction, personal training, or a related field (ACE Senior Fitness Specialist, NASM, or equivalent certifications preferred). Experience leading fitness programs for seniors and/or adults with varying fitness levels. Knowledge of age-appropriate exercise routines and safety considerations. Must have strong customer service ability, communication skills, and the capability to take initiative and lead classes. Ability to demonstrate exercises, stand for extended periods, and assist participants with movements as needed. Experience working with a variety of personalities and teaching fitness classes. Must have knowledge of senior fitness principles, including strength training, flexibility, balance, and cardiovascular fitness. Work independently and collaboratively as needed. Ability to problem solve and be flexible to last minute changes. Willingness to follow directions, be on time, and be reliable. First Aid & CPR certification is a plus, but not required.

To Apply: Send Resume to:

Kathryne Garcia
Cheviot Hills Recreation Center
2551 Motor Avenue, Los Angeles, CA 90064
(310) 837-5186
Kathryne.Garcia@lacity.org

Last Day to Apply: Tuesday, June 30th, 2025