

Job Title: Fitness Attendant

Supervisor: Assistant Director, Fitness

Job Description:

The Student Assistant, Fitness Attendant, under the direction of the Graduate Assistant – Fitness Operations and the Assistant Director, Fitness, has the responsibility of greeting patrons, checking out lockers, routine equipment cleaning, and providing excellent customer service at the Student Recreation Center's Exercise Room and Free Weight Areas.

Primary Responsibilities:

- Monitor the activities of the patrons in both the Free Weight Area and Exercise Room; provide First Aid as needed to those who may be showing signs of physical distress.
- Educate patrons regarding exercise room policies (such as appropriate clothing and footwear, bag storage, workout etiquette, etc) and enforce said policies.
- Maintain the cleanliness and integrity of all exercise equipment in the Exercise Room and free weight area, including re-racking weights
- Educate patrons regarding accepted standards for cardiovascular conditioning, resistance training, proper equipment use, and safe lifting techniques per patron request
- Provide ½ hour equipment orientation as requested
- Provide spotting as requested
- Provide blood pressure readings as requested
- Interact with patrons as an ambassador of Recreational Services

Secondary Responsibilities:

- Attend all staff meetings and trainings hosted by the Department of Recreational Services.
- Evening/Weekend work responsibility as required.

Minimum Requirements and Employment Terms:

- Currently enrolled as a student at Georgia State University
- Possess current CPR/AED and First Aid certifications
- Possess a working knowledge of anatomy & principles of exercise, including ASCM guidelines for cardiovascular exercise and resistance training
- Possess a working knowledge of weight room equipment and techniques, including spotting
- Exercise science background preferred
- Customer-service oriented
- Energetic, friendly, and outgoing; demonstrates initiative
- Punctual, dependable, team player
- Attentive, alert, and observant

Work Environment and Physical Demands:

- Fitness center environment with moderate to loud noise
- Flexible work schedule that accommodates academic classes
- Occasional evening or weekend work
- Standing or walking for at least 50% of the work day
- Occasional bending, stooping, and engaging in exercise demonstration or spotting
- Hearing and talking