



**CITY OF LOS ANGELES DEPARTMENT OF RECREATION & PARKS
FAIRFAX SENIOR CITIZENS CENTER
7929 Melrose Avenue, Los Angeles, 90046**

Arthritis Foundation Exercises Program Instructor

- Available Hours:** 2 hours per week. Two, one hour Arthritis Foundation Exercise classes per week.
- Description of Duties:** **Arthritis Exercise Instructor** (1 position open)
To provide fun and up beat Arthritis Foundation health and exercise education programs to Older Adults. Must be able to demonstrate and explain how to perform various Arthritis exercises and routines to minimize injuries and improve fitness.
- Hours:**
1 Hour Monday – Friday, TBD by Applicant Availability
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- Qualifications:** The applicant must have at least 5 years of experience running exercise classes for Older Adults (Senior Citizens) with a focus on Arthritis Foundation Exercises. The applicant must be able to inspire Older Adults to achieve long-term health and fitness goals. The applicant must be able to provide Arthritis Foundation Health and Exercise Education programs to Older Adults. The candidate must be able to make the arthritis exercise classes fun and upbeat. The applicant must be a team player, possess a positive attitude, strong organization skills and demonstrate a strong work ethic.
- To Apply:** Contact: **Ronald Evans, Center Director**
Ronald.Evans@LAcity.org
FAIRFAX SENIOR CITIZENS CENTER
7929 Melrose Avenue, Los Angeles, CA 90046
Voice: (323) 653-1824
- Last Day to Apply:** **Tuesday, December 3rd, 2024**