



Volunteer Position Description

FACETS

Location	Education and Community Development Program (1 of 4 locations)
Position Title	Exercise Program - Lead Volunteer
Purpose	Direct support volunteers needed to maximize effectiveness in implementing an Exercise Program for adult women.
Key Responsibilities	<ul style="list-style-type: none"> • Support the mission of FACETS. • Assign responsibilities to support volunteers on implementing Exercise Program. • Lead low impact group exercise class, utilizing a video-based exercise program. • Communicate the benefits of incorporating exercise for healthy living. • Occasionally be responsible for opening/closing the Community Center and supervising other volunteers in the absence of the Community Advocate. • Other related duties as assigned.
Time Commitment	1 hour per week for duration of a semester
Supervisor	Community Advocate for selected location
Qualifications	<ul style="list-style-type: none"> • Experience with teaching group exercise classes. • Passion for working with women and desire to provide encouragement of healthy lifestyles through exercise. • Understanding of current social services, homeless, housing issues, and methods/approaches for addressing issues. • Flexibility and ability to change priorities as necessary. • Positive and professional attitude and demeanor. • Self-reliant problem solver and team player.
Training	Will be provided
Appointed by	Volunteer Manager, Community Advocate