



Job Title: Fitness Specialist, Senior Living

General Summary

Engage residents in diverse exercise classes, health, wellness, and expressive therapy programs that contribute to healthy aging through one-on-one and group sessions.

ESSENTIAL JOB FUNCTIONS

- Facilitate and lead daily exercise classes for residents; upgrade and modify the level of exercise classes where appropriate
- Teach specialized arthritis and balance classes
- Evaluate residents for safe use of gym equipment, supervise their usage, and track the progress of all participants, including re-evaluating residents every six months
- Assess resident competency by conducting evaluations before resident participation in the Fitness & Wellness gym usage program
- Work with frail, isolated residents in their apartment one-on-one to encourage their participation in class and gym usage to combat isolation and support socialization
- Collect and update all medical information for each resident
- Facilitate the resident gym key entry program and rehab protocols in collaboration with resident's physicians, PTs, and OTs
- Participate in continuing education to stay current on best practices and research related to healthy aging
- Collaborate with campus, resident-facing program staff to develop resident-centric programs
- Participate in program evaluation
- Assist Fund Development on grant applications

OTHER DUTIES AND RESPONSIBILITIES

- Train and supervise interns and volunteers assisting with the Fitness & Wellness Program
- Track and monitor fitness expenses

KNOWLEDGE, SKILLS & ABILITIES

- Degree in Exercise Physiology, Exercise Science, or Health & Fitness required
- Ability to work well with older adults, including those with cognitive or physical impairments
- Ability to listen and establish trust and remain non-judgmental
- Computer literate- Microsoft Office, Google WorkSpace, & Salesforce
- Have sufficient transportation to travel as needed between all 2Life locations

WORKING CONDITIONS/PHYSICAL DEMANDS

- While performing the duties of this job, the employee is regularly required to bend, stretch, stand and lift (fitness) equipment up to 20 pounds.

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2LIFE COMMUNITIES provides superior housing to older adults of all backgrounds who can thrive independently within a supportive environment. We are a mission-driven organization with a vision whereby all older adults have the opportunity to *age in community* – to live a full life of connection and purpose in a dynamic and supportive environment. We are continually evolving support services to meet the needs of our diverse residents as they age.

2Life Communities owns and operates over 1,300 units of affordable rental housing located within six campuses in metropolitan Boston. With another 210 apartments under construction and more in planning, we expect to add another 600-700 units within the next several years as we complete projects in active planning and construction phases.

BENEFITS AND MORE

We offer a very rich benefit plan which for individuals adds 27% on top of the base pay and over 30% for employee +1 and families. Our rewards program includes but not limited to:

- Robust medical and dental plan
- Vision
- Employer-paid life and AD&D, STD, and LTD insurance
- 401(k) plan
- Paid vacation
- Paid holidays
- 2 floating holidays
- Pet insurance
- And more!

The above statements intend to describe the general nature and level of work performed by people assigned to do this job. The above does not intend to be an exhaustive list of all responsibilities and duties required.

We desire to build and cultivate an inclusive environment that brings together a diverse workforce with unique experiences, backgrounds, talents, and perspectives.

External and internal applicants, as well as position incumbents who become disabled as defined under the Americans with Disabilities Act must be able to perform the essential job functions (as listed) either unaided or with the assistance of a reasonable accommodation to be determined by management on a case by case basis.