



**FLIPANY**  
**Florida Introduces Physical Activity and Nutrition to Youth**

FLIPANY's mission is to empower youth and adults through physical activity and nutrition programs while raising awareness and creating policy changes for healthier communities.

**Position Title:** Fitness Instructor; Nutrition Instructor  
**Reports To:** Program Coordinator/Director of Programs  
**Position Type:** Contractual, non-exempt

**Position Overview:**

The fitness and/or nutrition instructor works with the Volunteer and Community Outreach Manager to implement FLIPANY's physical activity and/or nutrition programs for youth, adults and seniors. This position is responsible for delivering quality programming of various fitness and/or nutrition activities, ensuring they are delivered in a manner that supports the mission of the overall organization. This person must be passionate about healthy lifestyles, demonstrate relevant teaching experience as well as excellent behavior management skills.

The fitness and/or nutrition instructor is responsible for ensuring all materials and resources are brought to and from class. As a representative of the agency, the instructor will be expected to maintain a positive relationship with the site staff where programs are delivered. This position requires a highly motivated person who has the ability to adhere to program guidelines and consistently produce high quality (educational) programs with proven results. This position requires a detail-oriented, self-starter capable of working independently in a fast-paced, diverse environment as well as with volunteers and other staff.

Currently, FLIPANY is working in Broward, Miami-Dade, and Palm Beach Counties delivering nutrition education, physical education, and overall health education to predominately low-income, disadvantaged youth, teens, families, and seniors.

**Position duties include, but are not limited to:**

- Deliver community classes including contacting host site coordinators, completing session notes, and administering surveys
- Follow curricula and best practices as trained by FLIPANY staff (SPARK, CATCH and Cooking Matters, MyPlate)
- Utilize effective behavior management techniques
- Track number of participants served via a roster or sign-in sheets (Take attendance and interpret post-class reports to ensure continuous progress and positive outcomes)

- Conduct assessments with FLIPANY program participants
- Work cooperatively and maintain a positive rapport with FLIPANY staff, board members and volunteers
- Promote FLIPANY's programs effectively in diverse communities

**Key Attributes of a Strong Candidate:**

- Ability to work with low-income, disadvantaged populations (youth and adults)
- Ability and willingness to work evenings and weekends for the purposes of conducting classes and attending community meetings
- Ability to be on time, communicate with site staff and be reliable
- Commitment to accuracy and excellence
- Ability to represent FLIPANY in a professional manner in the community
- Creativity in problem resolution and an open-mind to new ideas
- A self-starter who can work independently, as well as part of FLIPANY's team
- Ability to be flexible
- Ability to show participant outcomes
- A positive, can-do attitude
- Excellent communication skills
- Proficiency in computer applications, specifically Microsoft Office, Google Calendar/Docs

**Qualifications:**

- Associates Degree in a related field, Personal Training Certificate, or 3 years of experience teaching fitness
- Proven track record of the above "key attributes"

Send Resume and Cover letter to Chelsea Wilkes [CWilkes@FLIPANY.org](mailto:CWilkes@FLIPANY.org)

FLIPANY is a Drug Free Workplace and Equal Opportunity Employer