



## **NDD Walking Club Instructor Job Description**

**Position:** NDD Walking Club Instructor, Hourly, Part-time, Seasonal Position

### **Company Information:**

We are a privately funded 501(c)(3) non-profit organization, dedicated to revitalizing downtown Newark by improving the economic viability of the central business district by providing supplemental cleaning and safety services, as well as physical improvement, marketing, and event programs.

### **Our Company Values include:**

- Planning and designing healthy, active, artful, vital, connected, prosperous, resilient, and enduring places
- Cultivating the community's existing richness - in people, places, relationships and visions for the future
- Fostering equity and an enriched quality of life for all communities in order to live healthy, active lifestyles
- Human expression through art, culture and beauty
- Working closely with communities to plan and implement projects and initiatives that improve access to walking, biking, and transit, and connecting people to the places where they live, work, and play

We are looking for an outgoing, talented, Health & Fitness Instructor who shares our vision and values. We are a firm where people with different backgrounds and life experiences work together towards shared goals. We strive to have an honest, authentic, and positive work environment, and also to hold each other accountable to the company vision, goals and values.

### **Responsibilities (include BUT ARE NOT LIMITED TO):**

- From August to October, lead weekday walking groups on various routes within the downtown area of Newark, with lengths ranging from 1-3 miles, as well as conduct a daily stationary stretching routine.
- Creatively develop fun, adventurous, challenging—yet achievable—activities which keep members engaged during the walks.
- Record participants attendance and achievements throughout the program. Encourage members to stay motivated through goal setting, activity levels, and monitoring weight.
- Educate participants on walking techniques, appropriate outdoor clothing, proper shoes, and the importance of staying hydrated and eating a healthy diet.
- Direct a diverse group of walkers, with members of various ages and physical abilities.

**Skills:**

- Previous experience working as a health and/or fitness instructor
- Enthusiastic motivator who can provide leadership for walking club members
- Have a CPR certification
- Develop a continuous working knowledge of the NDD's functions and activities

To apply for this position, please send a letter of interest and resume to Tokz Gabriel at [tokz@downtownnewark.com](mailto:tokz@downtownnewark.com).