



Job Title: Aide/Gym Intern

Job Description: The Aide/Gym Intern position reports directly to the Program Director and is responsible for assisting trainers with client exercises and workouts while supporting the goals of the client along with Push to Walk's client training program. The Program Director may periodically assign other administrative tasks relevant to client workouts and advancing Push to Walk's mission.

Roles & Responsibilities:

- Assist trainers with all aspects of the client's workout. Including, but not limited to, retrieving equipment, helping with transfers, assisting in gait training and with any other equipment set ups
- FES set-up and take down for clients using FES (Functional Electrical Stimulation) equipment
- Perform general housekeeping duties, clean equipment, take out garbage and adhere to the regular cleaning schedule
- Periodically take on administrative or housekeeping tasks relevant to client workouts and overall facility operations
- Attend and participate in monthly staff meetings
- Support Push to Walk's overall fundraising and outreach plans by periodically attending tradeshow and events
- Quarterly check-ins and an annual performance review with the Program Director
- Communicate regularly and professionally with all staff members and clients
- Act in a professional, courteous and friendly manner

Knowledge, Skills & Abilities: The position requires an understanding of anatomy, physiology, and basic biomechanics. The employee should have experience in a related field and courses in undergraduate health/fitness. The employee is expected to have a flexible schedule to provide service to meet client scheduling needs.

The above is intended to provide a general description of requirements for the performance of this job. Therefore, it is not an exhaustive statement of duties, requirements, and responsibilities of the aforementioned job title. The employee must be able to report to work, capable of doing the job with or without reasonable accommodations.