



JOIN THE TEAM!

Fleet & Family Readiness Programs

Supporting our military. Work that matters!



FITNESS SPECIALIST

Two Regular Full-time Vacancies Available

Announcement Number: 25-12720618

Primary Location: NAS Whidbey Island – Fitness Center

Pay Range: \$22.00 – 24.00 per hour

Open: 04/10/2025 – 06/30/2025, bi-weekly review of applicants

WHAT YOU GET:

- Competitive Wages & Benefits
- Benefits begin DAY ONE (Regular Full-Time and Part-Time)
- NAF Retirement Savings plan & 401K plan with match up to 3% of your salary
- Access to base recreation centers, gyms, movie theaters, Navy Exchange, and discount travel through AmericanForcesTravel.com
- Global Career Opportunities – Fleet & Family Readiness Programs is a worldwide enterprise with opportunities to work at Naval Bases around the world
- Make a positive impact on the Military Community

WHAT TO EXPECT:

- Provides fitness training and programming to groups of various sizes.
- Designs, supervises, coaches, and instructs a variety of group exercise programs (e.g., Step, Spin, Water Aerobics) inside and outside of the various fitness facilities in the assigned workout areas.
- Assists with fitness and MWR events (competitions, challenges, races).
- Instructs patrons on the proper use of all equipment for training and self-monitored progress by preparing written instructions and procedures for the performance of work, use of equipment, safety and well-being of all involved.
- Assists patrons on the fitness floor by providing training tips to prevent unsafe or ineffective exercise techniques.
- Prepares written instructions and procedures for performance of work, use of equipment, safety, and well-being of all involved.
- Provides instructions on the proper implementation and maintenance of conditioning and training programs for aerobic fitness, muscular fitness, body composition, and flexibility training.
- Conducts fitness testing, which includes measuring aerobic capacity, body composition, muscular strength, flexibility, muscular endurance, and blood pressure.
- Stays current with latest fitness programming ideas to increase attendance and improve customer satisfaction.
- Conducts fitness orientation classes which include providing patrons with a tour of the facility, reviewing rules and regulations, and introducing patrons to cardiovascular, free-weight, and resistance machines.
- Provides certified group exercise services to active-duty military as outlined in the Navy's Physical Readiness Program instruction.
- Assists Fitness Director and/or Coordinator with outreach and implementation of Navy Operational Fitness and Fueling Series (NOFFS), Mission Nutrition/ Command Fitness Leader Courses, and other CNIC Headquarters supported/endorsed programs.
- Ensures facility and sporting fields are open and/or closed at the posted time.
- Assists in properly cleaning and maintaining equipment/facilities, maintains inventory, performs general janitorial services to ensure interior spaces are in a clean, neat, and orderly state always (e.g., sweeping and mopping floors; dusting and cleaning workout areas, mirrors, bathrooms, and locker areas; straightening equipment and accessories, etc.).
- Reports/records maintenance problems, material deficiencies, and unsafe conditions or discrepancies that cannot be repaired in-house to the supervisor.
- Assists with the instruction of the Command Fitness Leader course and fitness related general military training.
- Performs other duties as assigned.



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WHAT YOU NEED TO KNOW:

- A high-school diploma or equivalent is required for this position
- Must have one of the following to be considered for this position:
 - Four-year undergraduate or Master's degree in Recreation, health and fitness field, or another appropriate field of recreation such as Outdoor Recreation, Recreation and Parks Leadership, Wild Land Management, Natural Resources Recreation, Youth Recreation, Physical Education, Exercise Physiology, Exercise Science, Sports Medicine, or a Health-related field.*
 - Four or more years of specialized experience in the health and fitness field.**
 - A combination of education and specialized experience in the health and fitness field that equates to at least a four-year undergraduate degree.
- Fitness instructor, personal trainer or certification from a NCCA accredited health/fitness organization*
- A primary certification from an accredited health/fitness organization*
- Professional competence in the physical activity program or area.
- Knowledge of the safe use and operation of fitness equipment, facility operations, and basic fitness equipment maintenance/repair.
- Skill in planning and carrying out an enhanced program in the recreation specialty area which meets the needs of the participating community.
- Skill and ability to provide fitness training and programming to individuals and groups of various sizes.
- Ability to communicate effectively both orally and in writing.

CONDITIONS OF EMPLOYMENT:

- Must meet Federal Employment suitability requirements and successful completion of background investigation
- Must be at least 18 years of age and have a valid driver's license
- Must satisfactorily complete all background checks for childcare positions, including fingerprint checks, a Tier 1 with Child Care check, and a State Criminal History Repository check when there is regular contact with children under the age of 18
- Must be able to obtain the following within 60 days: CPR and First Aid, AED, Blood-borne Pathogen training, and Navy Basic Fitness Certification.
- Work is performed both indoors and outdoors under varied weather conditions. This position is required to do considerable standing, bending, stooping, walking, pushing, climbing and lifting of objects weighing up to 50 pounds unassisted
- Must be available to work all operational hours, can include nights, weekends and holidays

OTHER INFORMATION:

- Participation in the Direct Deposit/Electronic Fund Transfer within 30 days of employment is required.
- We utilize E-Verify to confirm selectee's eligibility to work in the United States. The Department of the Navy (DON) is an Equal Employment Opportunity Employer. All qualified candidates will receive consideration without regard to race, color, national origin, religion, sex, age, mental or physical disability, genetic information, reprisal, marital status, political affiliation, sexual orientation, or any other non-merit factor.
- If claiming education in place of specialized experience, must include transcripts to be considered for the position.
- **** Must include copy of transcript, diploma, and/or all certifications at time of application to be considered for this position.***
- ***** Specialized experience includes, but is not limited to planning, organizing, coordinating, supervising, or evaluating community, industrial, outdoor, institutional, or other recreational programs; Planning, establishing, or evaluating a recreational curriculum for junior college or higher academic levels; Instructing in the principles and techniques of recreational program planning and management; Serving in a leadership role in the programs and activities of local, regional, and/or national recreational organizations; Personal training or group fitness instructor.***

APPLY TODAY: <https://www.usajobs.gov/GetJob/ViewDetails/835082000>

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