

Cornell Fitness Centers



Please take a moment to fill out the application. Upon completion you may drop it off in 305 Helen Newman Hall. Please direct any questions about the application and process to Becky Koenig, Staffing Coordinator, at rmk55.

We hire outgoing people with good communication skills who are friendly, professional, and willing to learn.

EMPLOYMENT PERIOD

Our employment period runs from August to May of each school year. Shifts are typically 2-3 hours in length. Working during the summer and during breaks is available and optional.

PAY RATES AND INCENTIVES

The starting rate is \$7.50 per hour. All CFC staff members receive a free membership following the completion of basic staff training and meeting job requirements. We use our promotion system to reward top performers.

JOB REQUIREMENTS

- Fitness Monitors must work a minimum of 4 hours and up to a maximum of 20 hours per week during the entire academic year. They can be scheduled at any of our sites: Helen Newman (Fitness Center and Issue Room), Teagle (2 facilities), Appel Commons, Noyes.
- If hired, all applicants will be required to obtain current CPR, AED, and First Aid certification from the American Red Cross. Certifications must be obtained prior to working scheduled shifts and within the first month of employment.
- An active e-mail account is also necessary to check staff notices.
- Students and Work- Study students are preferred.

JOB OVERVIEW

- Ensure the fitness center is a safe and positive environment for the members
- Circulate on the exercise floor in order to interact and assist participants
- Understand, explain, and enforce all CFC policies and procedures in a firm, fair, and consistent manner
- Demonstrate outstanding customer service in all interactions with members
- Feel comfortable using and demonstrating all the equipment
- Ensure safe usage of equipment and spot members as necessary
- Clean the fitness center and equipment
- Answer questions and be able to direct comments or questions to the right people
- Attend mandatory and optional training classes
- Be familiar with CFC emergency procedures and be confident in their implementation
- Be a responder in the event of an emergency
- Other duties as assigned
- Have Fun!

Cornell Fitness Centers Fitness Monitor Application



NOTE: Please fill out this application carefully, it will be used to narrow the pool of candidates

General Information

First Name: _____ Last Name: _____

Email: _____ Cornell University ID Number: _____

Campus Address: _____ Phone: _____ -- _____

Permanent Address: _____ Phone: _____ -- _____

Are you currently certified in the following: **CPR:** YES NO **Lifeguard:** YES NO
Expires: ____/____/____ Expires: ____/____/____
AED: YES NO **First Aid:** YES NO
Expires: ____/____/____ Expires: ____/____/____

How many hours per week you would like to work: _____

Academic Information

Cornell Student: YES NO UNDERGRADUATE GRAD

Major: _____ College: _____

Expected Graduation Date: _____

Work Study Eligible: YES NO UNKNOWN

How many credit hours are you taking? _____

Extracurricular Information

List your time commitments for the following: *(For example: Club Volleyball 5 hours per week)*

Outside Employment: _____

