

**CATHOLIC SOCIAL SERVICES
VOLUNTEER JOB DESCRIPTION**

TITLE: Exercise Assistant
PROGRAM: Brother Francis Shelter
SUPERVISED BY: Program Manager
STATUS: Ongoing
UPDATED: 3/2021

Job Summary: Brother Francis Shelter is looking for a compassionate person with Yoga/Exercise experience who is dedicated to educate, empower, and work with guests. Our goal and commitment are to enhance the lives of every guest that enters into the program. Candidates must be caring, have a positive attitude, self-motivated, and be able to work both independently and as part of a team.

Education/Experience: N/A

Skills: Ability to communicate clearly both verbally and in writing. Strong customer service skills. Experience in leading Yoga/Exercise activities

Duties & Responsibilities

1. Sign in and out for volunteer shifts.
2. Coordinate with BFS staff on activities.

Physical Requirements: Ability to lift 25 pounds

Training Requirements: Attend program orientation and position training

The above statements are intended to describe the general nature and level of work being performed by people assigned to this volunteer position. They are not to be construed as an exhaustive list of all responsibilities, duties and skills required of personnel so classified. All personnel may be required to perform duties outside of their normal responsibilities as needed.

Volunteer Signature: _____ Date: _____

Volunteer Coordinator Signature: _____ Date: _____