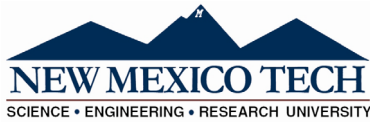


**Posted:** October 5, 2026



## POSITION ANNOUNCEMENT

**TITLE: FITNESS ASSISTANT**

**DEPT: RECREATION AND WELLBEING**

**REG** ☐

**TEMP** ☒

**FULL TIME** ☐

**PART TIME** ☒

**STARTING RATE or SALARY RANGE** \$15.00 - \$16.00

Employees being promoted to a higher classified position receive the minimum for the position or a pay rate adjustment of 8% whichever is greater.

**All regular positions also entitle the employee to several benefits including health, dental, vision, life insurance, and retirement which is largely paid by New Mexico Tech for the employee and dependents.**

**INTERNAL POSTING THROUGH: 10/14/2026\***

CONSIDERATION WILL BE GIVEN FIRST TO TEMPORARY AND REGULAR TECH EMPLOYEES WHO APPLY WITHIN THE 7 DAY INTERNAL POSTING. APPLICATIONS RECEIVED AFTER THE 7 DAY POSTING MARGIN WILL BE CONSIDERED WITH OTHER OUTSIDE APPLICANTS.

### JOB SUMMARY:

The purpose of this position is to provide fitness classes to the faculty, staff, community members (who have membership), and students. The fitness classes provide a first time experience without having to fully commit to a semester long course. This makes NMT Recreation more marketable providing a new experience that has not been done at the university recently. The programs would be the same class for one month, two days a week. Each instructor would host two classes a week. Each class would be an hour long of instruction. Each instructor would have an hour of prep each week to prep for class time. To reach a variety of students, faculty, staff, and community members I would like to offer traditional and non-traditional classes. One fitness assistant would focus on non-traditional sports focusing on that skill for a duration of one month instruction: pickleball, spikeball, disc golf, cornhole, and badminton. Second fitness assistant would focus on the traditional fitness classes, kettlebell training, walking, stretching, barbell lifting, and circuit training. Third fitness assistant potentially a personal trainer meets with one to three students/members interested in learning how to workout efficiently, discuss nutrition, and build the student, faculty, staff, or members confidence in the weight room. This opportunity creates: social experience, focus on improving physical help by moving your body, provides inclusion in traditional training and nontraditional sports.

### JOBS FUNCTIONS:

Each fitness assistant would create lessons plans of instruction for the skills and programming they are teaching. Each month the fitness assistants would focus on one nontraditional sport, type of training, and benefits of being physically active. One fitness assistant would focus on non-traditional sports focusing on that skill for a duration of one month instruction: pickleball, spikeball, disc golf, cornhole, and badminton. Second fitness assistant would focus on the traditional fitness classes, kettlebell training, walking, stretching, barbell lifting, and circuit training. Third fitness assistant potentially a personal trainer meets with one to three students/members interested in learning how to workout efficiently, discuss nutrition, and build the student or members confidence in the weight room. The lesson plans will be required to have modifications with challenges or making the skill more adaptable to complete the task.

The fitness assistant will have to setup equipment for the class daily as needed based on the lesson plans they created. They need to provide hands on instruction. For example: show how to throw a bean bag or squat based on the lesson they are doing. The fitness assistant 3 would need to work with the student, member faculty, or staff to create goals setting plan for their fitness, nutritional, or personal goals for the

month. The class will be offered two times a week for 50 minutes. They will need to show up 10-15 early to set up and stay 10-15 minutes after to clean up.

The fitness assistant will be responsible for checking out and returning the equipment they use for their class during the day, make sure equipment is wiped down and clean after the use of it. Placed back where they got the equipment from

The fitness assistant will be responsible for creating a sign in sheet and turning this in to the director

The fitness assistant will be responsible for working with the Recreation and Wellbeing Administrative Assistant, Assistant Director, or Director to make sure a location, time, and place for the fitness classes

**REQUIRED QUALIFICATIONS:**

High School (or GED) level ability in spelling, grammar, composition and math. Experience in teaching or coaching

**DESIRED QUALIFICATIONS:**

Certification in nutrition. Certification in personal training. Certification in goal setting.

**LIFTING REQUIREMENTS:**

(f)requently, (o)ccasionally, or (s)eldom

|                 |   |
|-----------------|---|
| 0 - 15 pounds   | F |
| 15 - 30 pounds  | F |
| 30 - 50 pounds  | 3 |
| 50 - 100 pounds | S |
| 100 + pounds    | S |

**PHYSICAL DEMANDS:**

|              |             |             |             |
|--------------|-------------|-------------|-------------|
| Standing 40% | Sitting 5%  | Walking 25% | Pulling 5%  |
| Pushing 5%   | Lifting 10% | Stooping 5% | Kneeling 5% |
| Crawling 5%  | Climbing    | Reaching 5% | Other       |

Apply to: [nmtjobapps@npe.nmt.edu](mailto:nmtjobapps@npe.nmt.edu)