



Position Description

Position Title:	Fitness Instructor
General Supervisor:	Recreation Supervisor
Employee Group:	Management/Non-Union

Position Summary

- This position is responsible for developing fitness programming, as well as providing personalized fitness training to patrons of the Memorial Sports Centre
- As a promoter of health and wellness, the incumbent must be in good health and model a healthy and active lifestyle

Direction Received

- This position reports to the Recreation and Aquatics Supervisor
- The incumbent follows departmental policies, operating procedures, and provincial regulations regarding health and safety

Direction of Others

- Not applicable

Revenue, Asset and Expenditure Scope

- Not applicable

Education and Qualifications

- Standard First Aid & CPR
- Ontario Secondary School Diploma (or equivalent)

Asset

- Registered personal trainer through a recognized organization
- Training in fitness testing, nutrition counselling, and body mass index

General Responsibilities

- Instructs weekly group fitness classes
- Promotes fitness-related trends and initiatives
- Facilitates classes with contracted fitness instructors
- Prepares high-quality written correspondence
- Communicates fitness programs to Memorial Sports Centre staff
- Plans, organizes, and implements fitness and wellness programs
- Ensures that fitness centre users are aware of and comply with rules
- Performs light cleaning duties in the fitness centre and on equipment
- Provides individual/group fitness consulting and program development
- Promotes fitness information to the public through a variety of channels
- Responds to enquiries from the public and makes referrals as necessary
- Works with community partners to assist patrons in achieving fitness goals

Knowledge, Ability & Skill

- Good verbal and written communication skills
- Knowledge of current trends in personal fitness
- Certified in personal training and other qualifications
- Able to work both independently and in a team setting
- Takes initiative and is highly motivated to complete tasks
- Competent in the use of computers and office equipment
- Capable of demonstrating proper weightlifting techniques

Effort

- Regular muscular exertion
 - Command of both fine and gross motor skills
- Muscular and sensory strain for prolonged periods of time

Working Conditions

- The hours of work is an estimate of an average of 15 hours per week.
- Primarily indoor work in a recreational facility
- The position requires frequent shifting of priorities
- The incumbent works evening and weekend shifts
- The incumbent will teach fitness classes each week
- The work environment is noisy with frequent interruptions

Conditions of Employment

- Satisfactory Criminal Background and Vulnerable Sector Check.