



## **PERSONAL TRAINER & GROUP FITNESS &**

**Position:** Lifestyle Centre Staff & Personal Trainer / Group Fitness Instructor

**Location:** YMCA of Central East Ontario – Balsillie Family Branch Peterborough

**Schedule:** to be determined

**Closing Date:** November 17, 2021

### **To work for the YMCA of Central East Ontario is to:**

- Work in a diverse and socially inclusive environment
- Help create meaningful opportunities that impact the lives of individuals
- Help increase the health of our communities
- Feel appreciated as an individual
- Work in an environment where you can make a meaningful contribution
- Have work-life balance and a family friendly environment to help you balance your personal and work commitments
- Make a difference in your community

**You can accomplish all of this while having fun in a challenging and dynamic atmosphere!**

The YMCA of Central East Ontario is a charity dedicated to strengthening the foundations of community by being a recognized leader and valued partner in the development of healthy communities. This position requires a commitment to the Y mission and core values of caring, honesty, inclusiveness, respect, responsibility, which form the foundations of all Y programs and services.

## What You Will Do:

Provide member service in the Lifestyle Centre including fitness and lifestyle education, member communications, program development and delivery, and equipment cleaning. Ensure a safe, friendly and enjoyable atmosphere throughout the workout area by being visible, helpful and available. Deliver high quality group fitness classes to our members. Provide hands on leadership to fitness programs, as required. Ensure all members and guests have an enjoyable, safe and positive experience as they strive to achieve their health and fitness goals.

### Specific Responsibilities Include:

- Meet and greet all members who enter the Lifestyle Centre.
- Follow all COVID protocols, procedures and policies
- Educate members about the components of fitness, equipment safety, training principles and technique, related topics and healthy lifestyle choices within the YMCA philosophy.
- Provide member education and circulate the workout area on a regular basis.
- Approach members and initiate conversations with members to build relationships and increase comfort in workout area
- Deliver Y Thrive programs to members at all levels.
- Provide personal training to members. Provide excellent programs to assist member in meeting goals. Manage clients, appointments and paperwork as required.
- Deliver high quality group fitness classes to members, in a variety of streams, may be indoors or outdoors.
- Complete regular cleaning duties as outlined per the COVID 19 protocols.
- Other duties as assigned.

### What you will bring to the position:

- Clear Criminal Record and Vulnerable Sector Check
- Current First Aid and CPR Level C
- Certified Personal Trainer (YMCA, CPTN, ACE, Canfit-Pro)
- Group Fitness Leadership (YMCA, OFC, Canfit-Pro) an asset
- Excellent customer service and communication skills
- If you are hired, prior to your start date and as a condition of your employment, you will be required to provide proof that you are fully vaccinated against COVID-19 or have a valid medical or other human rights exemption.

### Working Conditions:

- Variable hours – may include openings, evenings and weekends
- Attend all meetings and training sessions
- Requirement of Standard First Aid and CPR

### What the YMCA of Central East Ontario has to offer:

- YMCA membership
- Pension plan is offered to all once staff qualify
- A rewarding job
- Staff discounts for Child Care
- Employee Assistance Program
- Training and development opportunities

### **How to Apply:**

All interested candidates are to submit a resume to:

Jennifer Penhale

Supervisor, Adult Fitness

Jennifer.penhale@ceo.ymca.ca

**Applications will be received until November 17, 2021**

We appreciate your interest in a career opportunity with the YMCA of Central East Ontario. Please note that with the high amount of applicants, only those selected for an interview will be contacted.

The YMCA of Central East Ontario is committed to an environment that is barrier free; if you require accommodation during the hiring process, please inform us in advance so that we can arrange reasonable and appropriate accommodation. The YMCA of Central East Ontario values the diversity of people and communities and is committed to excellence and inclusion in our Association.