



FITNESS INSTRUCTOR/PERSONAL TRAINER

A leader in the corporate fitness field has a position available for a Fitness Instructor/Personal Trainer. Applicants should be highly motivated & have at least 5 years experience. They must have current International Certification with ACSM, AFAA, ACE, RSA, Con-Fit-Pro or YMCA.
The successful applicant must be able to teach classes!

The successful candidate will:

- Supervise the exercise facility, including opening & closing procedures.
- Conduct group exercise fitness classes, including but not limited to: Spinning, Kickboxing, Circuit Training, Bosu, Step & Kettlebell.
- Provide personal training sessions to clients.
- Provide exercise programme orientations.
- Design promotional programmes & events.
- Have responsibility for the daily tasks associated with the successful operation of a corporate fitness centre.

Qualifications for this post include:

- Knowledge of personal weight training, anatomy & exercise physiology, including terminology.
- Working knowledge of a variety of cardiovascular & strength training equipment.
- Experience with Fitness Design & exercise prescriptions.
- Effective leadership skills, customer service skills & ability to work effectively with staff & members of diverse backgrounds.
- Ability to demonstrate integrity while maintaining confidential files.
- Knowledge of Pilates concepts &/or Yoga strongly preferred.
- Current adult CPR certification. Possession of current AED certification would be an asset, or once hired, a requirement.
- Have basic computer skills

*Waterfront Properties is an Equal Opportunity Employer & has a Drug-Free Workplace Policy
Pre-Employment Testing will be Required
Applications must be submitted in writing, including two recent written references.
Applications without written references will not be considered.*

The Human Resources Administrator • P.O. Box HM 840 • Hamilton • HM CX
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Closing date for applications: April 29th 2016