



## **FITNESS INSTRUCTOR/PERSONAL TRAINERS**

A leader in the corporate fitness field has a position available for a fitness instructor. Applicants should be highly motivated and have at least 5 years experience. They must have current International Certification with ACSM, AFAA, ACE, RSA or YMCA.

**The successful applicant must be able to teach classes!**

### **The successful candidate will:**

- Supervise the exercise facility, including opening and closing the facility.
- Conduct exercise fitness classes, including but not limited to: Spinning, Kickboxing, Aqua Weight Training, Circuit Training, Bosu, Boxing, Ramping 123, Ramping Up, Pilate and Aerobics.
- Provide personal training sessions to clients.
- Provide exercise program orientations.
- Design promotional programs and 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 and exercise physiology, including terminology.
- Working knowledge of a variety of cardiovascular and strength training equipment.
- Experience with Fitness Design and exercise prescriptions.
- Effective leadership skills, customer service skills and ability to work effectively with staff and members of diverse backgrounds.
- Ability to demonstrate integrity while maintaining confidential files.
- Basic computer skills
- Current adult CPR certification. Possession of current AED certification would be an asset, or once hired, a requirement.

## **GYM MANAGER**

In addition to the above duties & requirements, the applicants for Gym Manager should have proven administration experience in the management of a gym staffing at least three (3) personal trainers and the development of new products for our Members. Proof in Management Administration should be in the form of references & resumes.

Waterfront Properties is an Equal Opportunity Employer and has a Drug Free Workplace Policy  
Pre-Employment Drug Testing will be Required

*Applicants should apply, in writing, enclosing a current CV & references to:*

The Human Resources Administrator  
P.O. Box HM 840 • Hamilton • HM CX • e-mail: [dross@thewaterfront.bm](mailto:dross@thewaterfront.bm)  
Closing date for applications: October 21st 2011