



SENIOR FITNESS/PERSONAL TRAINER INSTRUCTOR (Part-time)

Do you enjoy working with people, staying fit and being part of a fun team oriented environment. Then the Trico Centre for Family Wellness is looking for you. This position requires enthusiastic and friendly individual willing to work with senior members, as well as participate and work in other general instructional areas. The role involves providing creative, safe and fun fitness classes for dry land and/or aqua fitness participants.

If you are searching for a part-time opportunity and can commit up to ten (10) hours minimum per week this may be the opportunity for you.

Responsibilities:

- Works cooperatively with the Fitness Director to develop and grow cutting edge fitness and personal training programs.
- Maintains and completes fitness class and personal training statistics and personal hours worked for payroll and member tracking as required.
- Teaches additional fitness classes or covers shifts for instructors when needed.
- Provides feedback to Fitness Centre Coordinator on any equipment maintenance or patron issues.
- Conducts Fitness classes and personal training sessions within the policies and guidelines established by Trico Centre.
- Delivers group fitness personal training instruction to Trico Centre patrons and members (i.e. information on equipment usage, personal work-outs, body alignment, lifestyle management, etc.).
- Maintains reliability, punctuality and conducts self in a professional manner
- Successfully completes and updates required certifications (i.e. CPR, First Aid, Fitness Instructors and Personal training Certifications, etc.)
- Remains current on new trends and programs through continuing education.
- Reviews and understands risk management and emergency procedures established by Trico Centre.
- Attends and participates in internal in-services, meetings and training sessions.
- Encourages personal training and Trico Centre programs and services to increase membership sales and training program sales.
- Performs other duties as assigned by the Fitness Centre Coordinator

Qualifications:

- Physical Education, Kinesiology Degree or Equivalent an asset
- AFLCA, Can-Pro-Fit or equivalent, Older Adult, Aqua-fitness or recognized group fitness instructors certification required
- Personal Trainers Certification (CPTN, CSEP, ACE, or equivalent)
- Current CPR and First Aid
- Experience teaching senior fitness classes and other fitness activities
- Must be able to work a flexible schedule (mornings, evenings and weekends)

Required Skills/Experience:

- Able to work a flexible schedule that includes days, evenings and/or weekends
- Professional demeanour, strong leadership and communication skills
- Ensures policies and required procedures are adhered to
- Provides a safe and motivating environment for all fitness participants
- Creates and leads fun classes that challenge all participants
- Demonstrates superior customer service and interpersonal skills
- Documents and tracks class statistics as required
- Communicates facility and program information to customers
- Relays information regarding concerns to Fitness Director/Fitness Centre Coordinator
- Implements first aid procedures when required
- Shows a positive and professional attitude

What we offer:

- An opportunity to work and play in the same environment
- A flexible work schedule and stable work environment
- Free facility membership and full member privileges
- New Competitive wage scale
- Opportunity to use your creativity and develop new skills
- A fun, positive and respectful work environment

Closing Date: Open until filled

Location: 11150 Bonaventure Drive SE

Only those individuals selected for an interview will be contacted. Thank you for your interest in Trico Centre for Family Wellness. "We are an equal opportunity employer". Please indicate the class type you are certified to teach. Thank you.

Please send applications to:
Trico Centre for Family Wellness
11150 Bonaventure Dr. SE
Calgary, AB T2J 6R9
Attention: Fitness Centre Director

Email: plodoen@tricocentre.ca
Fax: 403-278-7573