



# Employment Opportunity

**YMCA Northumberland currently has an opening for the following positions:**

## **Fitness Instructor – Adult Programs, Sunny Life Recreation and Wellness Centre**

**Position Status:** Hourly, flexible work week.

**Salary Range:** Range of \$18.00 - \$25.00 per hour (based on fitness certification and/or role)

**Reports To:** Coordinator, Adult Programs

### **Organizational Overview:**

As one of the largest charitable community service organizations in Canada, YMCA Northumberland responds to critical social needs in the community and works to provide solutions. By nurturing the potential of children, youth and adults, the YMCA connects people to life-building opportunities, to each other and enhances their quality of life. We foster social responsibility and healthy living. The YMCA works collectively with community partners that share the YMCA's determination in strengthening the foundations of community for all people.

This position requires a commitment to the YMCA mission and core values of: Health, Responsibility, Honesty, Caring, Inclusiveness and Respect, as well as a commitment to building developmental assets in children and adults.

### **Nature and Scope:**

The Fitness Instructor, under the direction of the Coordinator within Adult Programs is primarily responsible for leading fitness instruction for members on an individual and group basis. This position will instruct individuals and groups by modelling appropriate behaviours and actions and will motivate and encourage members by providing constructive feedback and positive comments. The Fitness Instructor will prepare and deliver fitness training or coaching to members and will carry out health and safety checks on equipment and the facility and identify and resolve issues as required. This position is also responsible for maintaining records such as progress updates and attendance.

### **Responsibilities:**

- Lead fitness instruction for members on an individual and group basis including classes (i.e. spin classes, yoga, aerobics)
- Instruct individuals and groups by modelling appropriate behaviours and actions
- Motivate and encourage members by providing constructive feedback and positive comments
- Prepare and deliver fitness training or coaching to members
- Carry out health and safety checks on equipment and the facility and identify and resolve issues as required
- Maintain records such as progress updates and attendance
- Prepare lesson plans and equipment
- Ensure safety standards and policies are maintained
- Ensure that YMCA Standards are being met or exceeded
- Be alert and physically fit at all times

- Enforce all fitness centre rules and maintain good public relations
- Be in proper uniform and suitable attire at all times
- Plan and deliver internal promotions to increase participation by existing members in fitness activities
- Provide member consultation on nutrition and health plans
- Handle complaints and incidents, including accidents, emergencies, and thefts
- Identify damaged fitness equipment, submit repair requests, and follow-up to ensure completion
- Keep fitness and member records
- Write weekly or monthly reports for senior management
- Other duties as assigned

**Work Environment:**

- Based out of Sunny Life Recreation and Wellness Centre YMCA Branch
- Frequent lifting or moving of up to 50 lbs.
- Fitness centre environment with fluctuating temperatures
- Movement between sitting and standing on a regular and frequent basis
- Hours of work may vary to correspond with operational requirements
- Manual dexterity required to use desktop computer and peripherals

**Competencies:**

- Member Focused
- Results Focused
- Teamwork and Collaboration
- Effective Interpersonal Communications
- Planning and Initiative
- Ethics and Self Management
- Cross Functional Integration

**Qualifications:**

- Undergraduate degree in exercise science or kinesiology preferred
- Personal Trainer Certification from a recognized certifying body
- A minimum of three (3) years' relevant experience in the fitness and health industry
- Comprehensive understanding of fitness programs and sport nutrition
- Ability to cater exercise and fitness activities to a range of age groups and members of different physical abilities
- Physical fitness sufficient to conduct fitness classes
- Interest in fitness and nutrition as part of an overall healthy lifestyle
- First Aid/CPR Certification
- Police Vulnerable Sector Check required. Police Checks are reviewed on a case-by-case basis

**Apply Now:**

If you are interested in this position, please submit your cover letter and resume, along with documentation to verify position requirements to the attention of:

Leanne Clarke  
Manager- Health, Fitness and Aquatics  
[campbellford.info@nrt.ymca.ca](mailto:campbellford.info@nrt.ymca.ca)

Should you require any accommodation throughout the recruitment process please do not hesitate to contact our Human Resources Department.

We thank all applicants, however, only those considered for an interview will be contacted.