

Fitness Instructor, Bowmanville (Casual)

Monday – Friday Approx. 9:30am – 3:00pm

Reporting to the Supervisor, Exercise and Falls Prevention the Exercise Instructor will lead online and/or in-person exercise classes, providing instruction and guidance to class participants.

Responsibilities and duties include, but are not limited to:

- Actively leads exercise classes, including aid to individual class participants, form corrections, exercise modifications, and promotion of guidelines for safe participation
- Sets up of physical class environment (chairs, equipment, etc.), preparation for on-line streaming of exercise classes, and cleaning of exercise equipment in some service locations
- Provides aid to individual class participants, including form corrections, exercise modifications, and promotion of guidelines for safe participation
- Provides First aid and CPR assistance if/when required
- Submits class attendance to program coordinator

Qualifications:

- Specialized training and certification/registration in various fitness and wellness programming, including Group Exercise
- Current Emergency First Aid Certificate CPR C & AED
- Minimum 1-year experience working with seniors
- Minimum 1-year experience leading exercise/fitness classes
- Experience in fitness testing, exercise prescription, and group fitness program implementation
- Experience working with individuals with cognitive impairments including but not limited to: Dementia, Alzheimer's Disease, and age-related cognitive decline
- Autonomy and interpersonal skills with ability to communicate with clients, colleagues, supervisors, location staff and other healthcare professionals
- Knowledge and understanding of human anatomy, physiology, biomechanics and how common injuries and/or surgeries may affect mobility
- Experience working with mobility aid
- Instructors are required to be certified in various fitness and wellness programming from various certifying bodies including but not limited to:
 - CAN FIT Pro
 - CSEP
 - ACE
 - Various Yoga certifying bodies
 - Zumba Fitness
 - Nordic Pole Walking
 - College of Kinesiologists of Ontario
 - Registered Physiotherapists



Community Care Durham

SUPPORTING PEOPLE, STRENGTHENING COMMUNITY

- Adhere to all safety protocols including COVID-19 safety practices

Compensation: \$25 per hour; with 4% vacation pay

Please apply in writing outlining qualifications and experience to: Human Resources, Community Care
Durham email: careers@communitycaredurham.on.ca