

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 inperson 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:
 - o CAN FIT Pro
 - o CSEP
 - o ACE
 - Various Yoga certifying bodies
 - o Zumba Fitness
 - o Nordic Pole Walking
 - College of Kinesiologists of Ontario
 - Registered Physiotherapists

We are an **Equal Opportunity Employer** committed to providing an inclusive workplace that embraces diversity, values differences and supports the full participation of all employees. We recognize the importance of ensuring that all job seekers and employees are treated with equal respect and dignity, and are protected from discrimination and harassment. In accordance with the **Accessibility for Ontarians with Disabilities Act, 2005** and the **Ontario Human Rights Code** we provide accommodations to applicants with disabilities throughout our hiring process. If you require this information in an alternate format; require communication supports; an accommodation in applying for a posting and/or if you are selected for an interview, please inform our HR department.



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: <u>careers@communitycaredurham.on.ca</u>

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