



Aerobics Instructor (Part time)

Job Posting #2018-52

We are looking for certified Group Fitness instructors that love fitness, motivating people and are committed to providing great customer service to teach a variety of classes to the older adult aged 50 plus at the Coronation 50 Plus Recreation Centre.

Key Duties and Responsibilities:

- Demonstrate how to carry out various exercise routines
- Work with various equipment including dumbbells, resistance bands, stability balls, weighted balls, step platforms so as to guide participants through a safe but effective fitness program
- Watch clients do exercises and show or tell them correct techniques to minimize injury and improve fitness
- Give alternative exercises during workouts or classes for different levels of fitness and skill
- Explain and enforce safety rules and the use of exercise equipment
- Create a friendly and positive learning environment for all new and existing members
- Give emergency first aid if needed
- Provide orientation and personal fitness programs in the workout room

Qualifications:

- One or more years teaching experience
- Fitness Instructor certification (OFC, canfitpro, FIS or equivalent)
- Certification to teach the Older Adult certification is an asset including personal training
- Standard First Aid (within the last 2 years)
- CPR-C (within the last year)

A practical demonstration of teaching skills will be a required component of the screening process.

Hours of Work and Rate of Pay:

- 2-6 hours per week (weekdays)
- \$19.37 per hour

To apply, please submit your cover letter and resume for each position through the City's website www.niagarafalls.ca (click on the "Careers and Employment" tab), by 4:30 p.m. on **Friday, February 1, 2019**

The City of Niagara Falls is an equal opportunity employer committed to inclusive, barrier-free recruitment and selection processes and work environments. Upon request, the City will accommodate the accessibility needs of applicants under the Ontario Human Rights Code and the *Accessibility for Ontarians with Disabilities Act (AODA)* throughout all stages of the recruitment, selection and interview process. Personal information is collected under the authority of The *Municipal Act* and will only be used to determine suitability for this position. We thank all applicants for their interest, but only those advancing through the selection process will be contacted.