



# POSITION VACANCY

<b>Call Number:</b>	<b>2024 - 89</b>
Position:	<b>Fitness Instructor</b>
Type of Vacancy:	Part-Time
Work Schedule:	As required. Hours of work will vary based on program sessions and number of classes scheduled.
Location of Work:	MacBain Community Centre (7150 Montrose Road, Niagara Falls)
Salary/Wage Range:	Varies based on program \$25.05 to \$31.97 per hour (2025 rates are under review)
Posting Date:	November 22, 2024
<b>Closing Date:</b>	<b>December 13, 2024 at 4:00 pm</b>

The City of Niagara Falls is seeking passionate and certified **Group Fitness Instructors** to lead dynamic fitness classes for our community members. This is an excellent opportunity for individuals who are enthusiastic about promoting wellness and fitness in a diverse and energetic setting.

Classes to be taught include (but are not limited to): Movement and Dance, Yoga, Boxing, Strength Training, Core Conditioning, and Flexibility. We are especially seeking instructors with TRX (Total Resistance Exercises) experience.

## **Responsibilities:**

- Implement fitness programs to ensure quality programs and the safety of all participants.
- 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.
- Observe clients as they exercise and provide instruction regarding proper form and technique to minimize injury and improve fitness.
- Offer alternative exercises during workouts or classes for different levels of fitness and skill.
- Explain and enforce safety rules and the proper use of exercise equipment.
- Create a friendly and positive learning environment for all new and existing members.
- Administer emergency first aid, if required.

## **Qualifications:**

- Minimum 18 years of age
- One or more years teaching experience
- Fitness Instructor certification (OFC, canfitpro, FIS or equivalent) preferred
- TRX certification (highly preferred for specific classes)
- Current Standard First Aid and CPR-C
- Strong communication and interpersonal skills
- Customer service orientation

**To Apply:**

Submit a cover letter and resume via [www.niagarafalls.ca/jobs](http://www.niagarafalls.ca/jobs). Applications must be submitted online and will be accepted until **4:00 pm on Friday, December 13, 2024**.

Please note, a practical demonstration of teaching skills will be a required component of the screening process.

*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 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 by email.*