

Group Fitness Instructor (Cardio/Strength)

Location: Ron Edwards Family YMCA, 500 Drury Lane, Burlington, Ontario L7R 2X2

Position Type: Part-time, hourly with a complimentary YMCA membership

Hourly Rate: \$26.14 per hour

Position Overview:

The Group Fitness Instructor – Cardio/Strength will report to the Health & Wellness Supervisor of the respected branch. In this position, you will be responsible for delivering group fitness classes such as HIIT, 20/20/20, Strength & Conditioning, Cardio Kickboxing, and TRX.

This position is a part-time position with a flexible schedule based on programming needs. This may include mornings, afternoons, evenings, weekends with an emphasis on Group Fitness, program reviews and the provision of excellent customer service.

This is a great opportunity for an individual with a high level of interest in working with the YMCA HBB as a charitable organization.

What You'll Do:

- Direct delivery of Cardio/ Strength classes, modeling service excellence in assigned program areas
- Interact with members, developing positive relationships and addressing concerns or questions
- Create and implement plans for specialty programs which may include corporate fitness initiatives
- Provide direct delivery in specified program area of expertise
- Prepare and set up program equipment/rooms and cleans and tidies up equipment/rooms after use, reporting any repairs to supervisor
- Act as a primary point of contact and interaction with members, developing positive relationships and addressing concerns and/or questions
- Ensure appropriate policies and procedures are implemented and monitored to ensure safe and effective member and volunteer participation
- Responsible for ensuring qualifications and certifications as required by the YMCA and regulatory standards are current at all times
- Required to work a variety of shifts (including weekdays and weeknights)

What You'll Bring:

- Current Standard First Aid & CPR C certification
- Up to date and relevant Group Fitness Certifications such as YMCA Group Fitness or equivalent (CanFit Pro, ACE, AFAA)
- Previous experience and ability to teach various group fitness classes
- Excellent customer service skills
- Current and satisfactory Criminal Record & Judicial Matters Check as per the Association's Policy is a condition of employment

A Major Asset If:

- You are comfortable teaching a variety of Cardio/Strength formats with a range of small equipment such as dumbbells, steps, and/or bands.

Ready to Make a Difference?

The YMCA is a charity that ignites the potential in people. #YSavesLives starts with building a strong community. If you're passionate about creating a vibrant and healthy community where everyone thrives, we want to hear from you!

Don't meet every requirement? Studies have shown that women and people of colour are less likely to apply to jobs unless they meet all qualifications. If you are excited about the role, but your resume doesn't align perfectly with every qualification in the description, apply anyway. You may still be the right candidate for this or other roles!

Interested in applying? Please submit your resume to: Andrea Sandhu, Health & Wellness Supervisor at andrea.sandhu@ymcahbb.ca by **February 9, 2025**.