Fitness and Activity Instructors

(Independent Contractor)

The Town of Cobourg is seeking a certified **Group Fitness Instructor** to deliver fitness classes to adults and older adults.

The ideal candidate is a motivated self-starter who enjoys working with people. They are customer focused and a great communicator who can inspire confidence and enjoyment in fitness. The incumbent will support the Town of Cobourg's Recreation department in delivering safe, inclusive programs that support adults and older adults to keep active throughout the lifespan. Excellent customer service, communication, and organizational skills are required.

Responsibilities:

- Plan and facilitate fitness classes appropriate for the class-type (i.e., bootcamp, circuit, etc.)
- Provide variations throughout each class to enhance the participation of all members, regardless of ability level
- Deliver exceptional customer service to all participants
- Provide feedback and new class ideas to Recreation Program Coordinator as appropriate
- Reinforce messaging (within scope) to participants on the value and benefits of regular exercise
- Perform set-up and tear-down of equipment utilized for classes

Qualifications:

- Must possess valid group fitness instructor certification (canfitpro FIS, CFES Group Fitness Instructor, or equivalent), maintained in good standing
- Must have experience planning and instructing fitness classes in a group setting
- Must possess the ability to establish and maintain effective working relationships with program participants, staff, and the public
- Must be adaptable and able to deliver classes in a multi-purpose environment
- Must be able to work independently
- Must provide a satisfactory Vulnerable Sector Check
- Must possess a valid Standard First Aid Level A (including AED)

Working Conditions:

- This is an ongoing contract opportunity with an initial 12-month commitment, with the opportunity for annual renewal based on program needs and performance
- The successful candidate will be expected to provide instruction on a consistent, year-round basis
- Standing, sitting, running, jumping, lifting, etc., associated with active demonstration and participation in fitness classes is required

Wage:

- Compensation will be $25 per class, inclusive of setup and teardown time

- Specialty classes that require instructors to possess specialty certifications (e.g., TRX, Zumba, etc.) are compensated at $30 per class, inclusive of setup and teardown time

Interested individuals should forward their information to humanresources@cobourg.ca

In accordance with the Municipal Freedom of Information and Protection Privacy Act, the information gathered is collected pursuant to the Municipal Act, 2001, as amended. The Town of Cobourg is an equal opportunity employer that is committed to inclusive, barrier-free recruitment and selection processes. If contacted for an employment opportunity, please advise Human Resources if you require accommodation.

*****Note these are independent contractors NOT Town of Cobourg Employees*****