

**FITNESS ATTENDANT:**

Recreation Services at the University of Manitoba is currently looking for passionate, energetic, **full time students** interested in working as a **Fitness Attendant** in the *100,000 sq. ft. state of the art Active Living Centre*.

**Position Summary:**

Reporting to the Coordinator of Health & Fitness Services, the **Fitness Attendant** will use professional expertise to provide members advice, inform technique, and ensure safety by providing demonstrations on the proper use of all exercise equipment located in the fitness facility. The qualified person will proactively initiate contact with members to support them in acquiring the most safe and beneficial experience possible. They will circulate throughout the fitness areas, supervise member usage of all exercise equipment and track. The Fitness Attendant will provide information to members about personal training, fitness assessments and other programs offered by Recreation Services. The qualified person will also provide feedback regarding fitness and membership issues and provide recommendations for improved service delivery leading to improved customer service outcomes. The Fitness Attendant will also perform other duties within their scope of practice, including developing member resources and programs, and make recommendations for future programs and services. Fitness attendants will also help maintain the facility with basic equipment maintenance and facility cleaning.

**Qualifications:****MINIMUM FORMAL EDUCATION/TRAINING REQUIRED:**

- Must be a full time student
- Must have a background in kinesiology and/or other related exercise science field.
- Preference will be given to those certified through either the Manitoba Fitness Council with specialty in Resistance Training, or hold a CSEP-CPT certification.
- An equivalent combination of other certifications and experience may be considered.
- Requires annual certification in CPR with AED training and Emergency First Aid.
- All certifications must be current and maintained.

**SKILLS AND ABILITIES:**

- Demonstrates good personal physical fitness and is able to apply core wellness values and ethics to daily activities.
- Demonstrates a strong customer service philosophy and positive attitude. Is sensitive to the needs of both healthy and at risk clients and is able to be tactful and diplomatic with diverse clientele.
- Has a solid knowledge of body composition, anatomy and exercise physiology.
- Has excellent oral communication and teaching skills and is sensitive to client anxieties.
- Is action oriented complemented by good organization, problem solving and decision making skills.
- Demonstrates an ability to promote and sell services/programs in personal training and assessment areas and other areas of Recreation Services (ie specialty fitness, adult instruction, etc.)
- Must have excellent Customer Service skills and a willingness to interact with customers on an on-going basis. Preference will be given to individuals displaying an energetic vitality for active living.

**Starting Wage:** \$15.95 / hour, 0-35 hours per week (spring / summer term); 0-20 hours per week (fall and winter term)

**Please submit resumes and cover letters to:**

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