

Job Title:

Certified Personal Trainer

Position Summary:

Reporting to the Coordinator of Health & Fitness Services, the Certified Personal Trainer provides direct service to the clientele of Recreation Services. Key responsibilities include:

- Administering fitness appraisals to apparently healthy persons
- Interpretation and counselling in relation to client's fitness appraisal results
- Provision of a tailored physical activity, fitness and lifestyle plan to help the client address any particular weakness identified and / or interests expressed including individualized exercise prescriptions using various modes of exercise and exercise equipment
- Design and lead exercise sessions with a client or group of clients using various pieces of fitness/exercise equipment
- Monitor and document a client's physical activity/exercise program leading to safe and effective program planning and progression
- Provide information about programs and services appropriate for individual's needs and interests
- Provide support and inspiration to new and existing clients

Qualifications:

Completed Bachelor's degree in Kinesiology or related field required.

Current CPR and First Aid with AED certification required.

CSEP-CPT certification or equivalent required. CEP certification may be preferred.

Practical experience in exercise prescription and program development preferred.

Must possess strong interpersonal skills specific to developing a professional working rapport with members/clients.

Must be able to clearly define professional boundaries.

Must be passionate about active living, health and wellness.

Wage:

\$23.50 - \$27 / hour

Please send resume and cover letter to:

Jennifer Hurrie, Coordinator Health & Fitness Services

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