

Group Fitness Instructor

Group Fitness Instructors are responsible for planning, organizing, and leading group fitness classes for various fitness levels. Instructors must be knowledgeable in a variety of fitness techniques and equipment and be able to adapt exercises to meet the needs of all participants. This role involves ensuring the safety and well-being of all participants while promoting an engaging and motivating workout environment.

- **Class Preparation and Instruction:**
 - Plan and design safe and effective fitness classes.
 - Lead group fitness sessions, providing clear instructions and demonstrating exercises.
 - Modify exercises as needed to accommodate varying fitness levels and abilities.
- **Participant Engagement and Safety:**
 - Create a positive, welcoming, and inclusive atmosphere for all participants.
 - Be professional, motivating, and encouraging.
 - Observe participants for signs of distress or injury, providing first aid or activating emergency protocols as necessary.
- **Administrative Duties:**
 - Submit class numbers.
 - Provide sessional availability.
 - Find subs as needed.
- **Education and Certification:**
 - Current Group Fitness Instructor certification from a recognized certifying body (Manitoba Fitness Council/Fitness Leadership Canada preferred)
 - Current CPR and First Aid certification.