

Group Fitness Instructor (Contract)

APPLY BY: August 15, 2023

About

The Mill Woods Seniors Association (MWSA) enhances the independence of seniors (55 years and over), by providing a range of programs and services to meet their recreational and social needs, including fitness, sports, arts and culture, social events and more. MWSA is located at 2nd Floor, 2610 Hewes Way NW Edmonton, Alberta.

Fitness Classes are generally scheduled by term, with each class running once per week for up to 14 weeks. Group Fitness classes run year-around. Hours are not guaranteed and will be based on registration numbers.

Responsibilities

- Plan and teach fun and engaging group fitness classes for older adults (55+), providing exercise modifications for participants specific to their fitness level and need.
- Arrive at least 10 minutes prior to class for set up. Clean-up after class is expected, all within the scheduled time. Class must start and end on time.
- Take attendance at the beginning of class.
- Ensure equipment is clean, tidy, and safe for use.
- Maintain current fitness certifications, including Standard First Aid Training (at own expense)

Requirements and qualifications

- Group Fitness Certification – current (AFLCA or other)
- Minimum one year group fitness teaching experience. Working with older adults is an asset.
- Specific certification depending on class type. Examples: Barre specific certification, Yoga Teacher Training, Pilates, etc..
- Standard First Aid (valid within the last 3 years)

To apply

Job Title: Group Fitness Instructor

Start Date: September 18, 2023

Competition Closing Date: August 11, 2023

Email applications to: klee@mwsac.ca