

TOWNSHIP OF RIDEAU LAKES JOB DESCRIPTION

JOB TITLE: FITNESS INSTRUCTOR

DEPARTMENT: ADMINISTRATIVE AND COMMUNITY SERVICE DEPARTMENT

DIRECTLY RESPONSIBLE TO: RECREATION AND VOLUNTEER COORDINATOR

INDIRECTLY RESPONSIBLE TO: MANAGER OF CORPORATE AND COMMUNITY SERVICES

MAIN PURPOSE

The Fitness Instructor develops and provides a fitness program that teaches how to perform various exercises and routines to minimize injuries and improve fitness.

KEY RESPONSIBILITIES

- Instruct participants in proper form and technique.
- Help participants use equipment safely and correctly.
- Create and lead exercise programs for groups of various ages and abilities.
- Ensure safety of participants and equipment
- Provide first aid if needed.
- Schedule activities

EDUCATION/EXPERIENCE/SKILLS TRAINING

- Knowledge of anatomy, exercise physiology and injury prevention
- Able to show proper exercise techniques.
- Strong interpersonal and communication skills
- Ability to instruct and motivate people.
- Fitness Instructor certification
- First Aid and CPR
- Highschool Diploma

WORKING RELATIONSHIPS

INTERNAL: Recreation and Volunteer Coordinator

EXTERNAL: General Public

WORKING CONDITIONS

Physical activity