

## **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