

## JOB DESCRIPTION

**CLASSIFICATION:** 

**FITNESS LEADER** 

JOB TITLE:

**FITNESS LEADER** 

REFERENCE NO:

100339

DIVISION:

**PUBLIC SERVICES** 

DEPARTMENT:

PARKS AND RECREATION

**APPROVAL DATES:** 

BY: well

DATE: 1/(U) 1/, 2016

BY:

GENERAL MANAGER OF HUMAN RESOURCES

DATE: 11/04 1 1,2016

## **GENERAL DESCRIPTION:**

This is a unionized position responsible for patron's fitness training, instruction/education along with safe use and cleanliness of fitness equipment located at the Family Leisure Centre (FLC) Fitness Area.

#### **ORGANIZATIONAL RELATIONSHIPS:**

- Reports directly to the Fitness Coordinator.
- Works closely with Operations, Recreation Programming and Customer Service Staff.

### PRIMARY FUNCTIONS/ACCOUNTABILITIES:

- Ensure a safe, friendly and caring environment for all patrons to the Family Leisure Centre.
- Provides personal and group fitness training and fitness course instruction.
- Provides general education, knowledge and direction on fitness equipment, the FLC building including available programming and special events.
- Provides general set up and cleaning of fitness equipment as required.
- Performs all other related duties as may be requested by an immediate supervisor or delegate.

### **REQUIRED COMPETENCIES:**

- Knowledge of safe and proper use of fitness equipment.
- General knowledge of fitness centre operations.
- Knowledge of personal training and fitness program instruction.
- Commitment to health and wellness lifestyles.
- Proven ability to remain calm and rational when dealing with difficult situations.
- Projects a positive image of self and the organization.
- Excellent demonstrated interpersonal skills with the ability to understand and execute oral and written instructions.
- Ability to work independently.
- Reliable and dependable.
- Ability to establish and maintain effective working relationships with others.

# **REQUIRED QUALIFICATIONS:**

- Successful completion of Grade 12 or high school equivalency diploma.
- Current Personal Trainer Certification, Canadian Society for Exercise Physiology (CSEP).
- Current CPR and Emergency First Aid Certificates.
- One (1) years general experience in the fitness and wellness programming or related field.
- An equivalent combination of management approved training and experience may be considered.

May 9, 2016