



Variety Village Position Posting

Job Title: Personal Trainer
Report to: Director, Variety Village Fitness Centre
Status: Non-Management, Part-time (Hours TBD)
Location: Variety Village

Summary:

The incumbent in this position will provide Variety Village members with one-on-one personal fitness training, designed to attain the client's fitness goals.

Major responsibilities, include, but are not limited to;

- Develop fitness training programs and specific routines for able bodied clients and clients with disabilities;
- Provide one-on-one training sessions;
- Instruct the client in the safe and proper use of training equipment and execution of fitness activities;
- Provide instruction on the appropriate stretching exercises;
- Monitor the client's progress;
- Develop and implement strategies to motivate and encourage clients;
- Develop and provide personal training within the pool;
- Recommend appropriate nutritional changes to support fitness goals;
- Work as a team to promote the personal training department;
- Available to work week nights and weekends.

Qualifications:

- Excellent knowledge of the components of personal fitness training delivery to both special needs and general population;
- Ability communicate effectively with clients;
- An understanding of the value of excellent customer service;
- Strong listening and interpersonal skills;
- Passionate about fitness;
- Related education in health or physical education
- A current recognized certification in fitness training
- Current First Aid and CPR certificates;
- Successful track record in the development and delivery of personal fitness programs and routines;

Applicants should be prepared to participate in a multi-stepped interview process and the successful applicants will be requested to complete a Criminal Record Check.

Interested applicants should submit their covering letter and resume to:

Human Resources Department
Variety Village
3701 Danforth Ave.
Scarborough, ON M1N 2G2
humanresources@varietyvillage.on.ca
Fax: (416) 699-5752

Please note that requests for accommodation can be made at any stage of the recruitment process providing the applicant has met the requirements outlined in the job posting. Applicants should to make their requirements known when contacted.