



2055 Purcell Way, North Vancouver, B.C. V7J 3H5

Fitness Instructor

EMPLOYER: Capilano University
ADDRESS: 2055 Purcell Way, North Vancouver, BC V7J 3H5
JOB POSTING CLOSES:
CONTACT PERSON: Janelle Eisler
PHONE: 604-986-1911 x 3404
EMAIL: janelleeisler@capilano.ca
JOB LOCATION: CapU Centre for Sport and Wellness **WEBSITE:** athletics.capilano.ca
WORK TERM: Sept 2023-April 2024
POSITION TITLE: Fitness Instructor

DUTIES/RESPONSIBILITIES

The Department of Athletics and Recreation is currently seeking Fitness Instructors to facilitate spin, yoga, and or group strength and conditioning classes on campus at Capilano University. This position reports to the Campus Recreation Programmer in the Department of Athletics and Recreation, Centre for Sport and Wellness.

The Fitness Instructors will develop and implement group fitness program plans for variety of abilities. Fitness Instructors will teach one or more fitness classes each week with the aim of increased engagement of both the student and employee populations in active health programming. Classes will be held in the boardrooms and weight room located at Capilano University with the use of the University's existing fitness and recreation equipment if needed.

Summary of Key Responsibilities:

- Under the direction of the Campus Recreation Programmer, the Fitness Instructor will provide class instructions to participants attending registered or drop in fitness classes
- Develop and implement fitness programming for participants including progressions/adaptations based on varying abilities
- Provide participants with feedback, technique suggestions, and supervise the overall safety of participants during fitness class
- Arrange for a substitute instructor from approved list of substitutes if unable to teach assigned class. Notify Campus Recreation Programmer of any changes to availability in advance to avoid cancellation of classes.
- Maintain a safe facility and environment and report any equipment malfunctions or safety concerns to the Campus Recreation Programmer

- Ensure all participants have completed their registration and filled in the appropriate waivers
- Accurately report attendance for weekly classes.
- If necessary, complete accident report forms

SKILLS REQUIRED

Certifications

- High school graduation or equivalent
- Valid Emergency First Aid and CPR C
- Valid Group Fitness: BCRPA Group Fitness or approved equivalent
- Experience instructing fitness to a group of a variety of ages

Other:

- Strong communication, customer service, and organizational skills are required
- Enthusiasm and positive energy that appeals to both the student and staff population
- Computer proficiency and ability to help create program plans as required
- Must be a team player and confident leading groups of students
- Must have a passion for physical activity and healthy living
- Previous experience in recreation facilitating is a strong asset

HOURS: Each class runs for approximately 45 minutes weekly. Hours will vary depending on university closure dates, participant demands, and facility availability

Rate of Pay: \$37/class (note rate of pay is based per class not hourly)

If interested, please submit a resume and cover letter:

Janelle Eisler

Campus Recreation Programmer, Department of Athletics and Recreation

Capilano University

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Email: janelleeisler@capilanou.ca