

Title	Group Fitness Volunteer Instructor		
Centre	Cartierville		
Status	Minimum of 1 fitness class per week		
Schedule	<input checked="" type="checkbox"/> Days	<input checked="" type="checkbox"/> Evenings	<input checked="" type="checkbox"/> Weekends
Department	Health, Fitness and Recreation		
Reporting To	Coordinator, Group Fitness		

Our Cartierville Y Centre is presently looking for **Group Fitness Volunteer Instructors**. As a **Group Fitness Volunteer Instructor**, you will be leading and instructing members in fitness classes in which you are qualified and certified to teach, such as Cardio Cycle, Muscle Toning, Aerobics, Step, Boot Camp, or one of your own creations! You will plan, demonstrate and execute the fitness class according to the course description and the fitness level of the group. In accordance with the YMCA core values and the SAM principles, you will ultimately facilitate members' development in mind, body and spirit.

As a **Group Fitness Volunteer Instructor**, you will be primarily responsible for:

- instructing the choreography and executing the routine according to the course descriptions and guidelines established by the YMCA;
- adapting the routine and creating an inclusive class environment by providing options or modifications to encourage members to work at their own pace;
- circulating and observing participants while providing feedback and corrections when necessary;
- intervening with tact and diplomacy if a member performs an exercise with potential risks of injury.

The successful candidate will have the following qualifications:

- YMCA Fitness Instructor Training (FIT) Certification or equivalent recognized certification or experience in specialty;
- CPR (HeartSaver) Certification (annual renewal);
- bilingualism – spoken (Basic level) ;
- experience as a Group Fitness Instructor (an asset);
- First Aid Certification (an asset)

** Please note that all successful candidates will be required to provide copies of certifications, official attestations of employment to validate previous experience in the field (if applicable) as well as pass a fitness audition*

If you are interested in being part of a dynamic team and developing your skills while embarking on the adventure of setting up a new centre, we would love to hear from you!

Please send your CV and cover letter to:

Jenny Nannas,
Coordinator, Group Fitness
Email: eugenia.nannas@ymcaquebec.org
Fax: 514-313-1167

Please note that only applicants under consideration will be contacted. If you are unsuccessful, please accept our utmost appreciation in your interest.