



Job Title: Part-Time Fitness Instructor

Location: Bay Bulls Regional Lifestyle Centre

Application Deadline: Open until position is filled

Are you passionate about health, fitness, and helping others thrive?

Bay Bulls Regional Lifestyle Centre is looking for an enthusiastic and motivated **Part-Time Fitness Instructor** to join our team! This position is perfect for someone who loves working with a variety of age groups and wants to make a meaningful impact in their community.

Key Responsibilities:

- Lead **50+ fitness classes on Monday, Wednesday, and Friday mornings** designed to promote health, mobility, and wellness in older adults.
- Plan, design, and instruct additional **general fitness programs** on select **evenings**—these could include strength training, HIIT, circuit training, yoga, or other formats based on your expertise and participant interest.
- Create safe, engaging, and effective class plans for all levels of fitness.
- Build a welcoming, inclusive, and supportive environment for all participants.
- Monitor class attendance and maintain basic administrative records as required.

Qualifications:

- Certified Fitness Instructor (e.g., CanFitPro, CSEP, ACE, or equivalent).
- Experience working with older adults in a fitness setting is preferred
- CPR and First Aid certification (or willingness to obtain).
- Strong communication skills and a positive, professional attitude.
- Self-motivated and able to work independently in program planning and delivery.

Hours & Compensation:

- This is a **part-time position**, approximately **6–10 hours per week**, with the potential for more depending on program growth.
- Morning availability (**Monday, Wednesday, Friday**) is required, with additional **evening hours** based on class scheduling.
- Competitive hourly wage based on experience and qualifications.

How to Apply:

Please send your **resume** and a **brief cover letter** outlining your relevant experience and availability to carlasullivan@bbrlc.ca.