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FITNESS INSTRUCTOR

Canlan Sports is the largest private sector operator and developer of recreational sports facilities in North America.  The company's success in the recreation, entertainment & hospitality industry is attributed to a combination of innovative programming, service delivery leadership and world-class facilities. We understand our customers’ need for service excellence and are committed to it.

**Job Summary**

Our instructors consistently provide exceptional customer experiences through the execution and delivery of personal training, group training, or group exercise classes for the diverse population of our Canlan Sports facilities. Instructors will complete the preparation of lesson plans for assigned programs and classes.

Accountabilities

* Planning and implementation of assigned fitness classes
* Ability to set and meet goals of fitness clients
* Assist with marketing of classes and programs
* Retention and growing the business
* Sales of new memberships
* Develop comprehensive progressive fitness programming to support and motivate participants and ensure a positive overall experience.
* Monitor, engage and instruct participants in the fitness center on safe and effective use of cardiovascular, flexibility, and strength training equipment within the facility.
* Beginning and ending fitness class on time; with adequate warm-up, exercises, stretching, and cool-down.
* Educate participants on clinically proven health and fitness information, available fitness and engagement programming, and complementary wellness services.
* Deliver Personal Training sessions and Group Fitness classes as dictated by the schedule.
* Manage customer relations for existing and new registrations.
* Develop and maintain high teaching standards
* Develop and maintain proficient computer skills in CRM software

Qualifications and Education

* A Bachelor’s degree in Exercise Science, Kinesiology or in a related field as asset
* NCCA accredited Personal Training certification (ACE, NSCA, NASM, etc.)
* Current CPR/AED and First Aid certification required
* Physical Education and/or Sport Management background preferred
* Criminal Record Check and Vulnerable Sector Search required

\*Proof of valid certifications listed above is required

* At least two years of sports instructing experience.
* Past Coaching or Teaching experience is an asset.
* Current knowledge and industry standards of excellence in exercise testing (assessments) and exercise prescription (program design).
* Knowledge and ability to operate various fitness tools and equipment such as resistance tubes/bands, strength machines, cardio machines, Kettlebells, fitness weights, exercise balls, etc.
* Knowledge about the industry with the customer skills to network, engage, and interact with all clients, guests, and participants.
* Communicate professionally using appropriate vocabulary and grammar to obtain and relay information to and from clients/guests.
* Demonstrates excellent organizational skills and a strong work ethic
* Great with people and developing relationships
* Willingness and ability to work flexible hours (evenings and weekends)