

Fitness Instructor Role Description

Temporary role

Introduction

The Ashburton Community Centre is located in vibrant High St, Ashburton, next to the library at 160 High St, Ashburton. We offer a range of classes, courses and activities to the local community.

We are currently seeking a temporary Fitness Instructor to run a number of group classes whilst the current Instructor is on leave. The classes are designed for seniors and usually have between 8 – 15 participants.

The classes take place during school term and we are seeking an instructor from July 10th – September 15th 2023.

- Monday Balance Back to Exercise 9.30am – 10.30am
- Wednesday Balance Back to Exercise 9am – 10am
- Thursday Mat Pilates 10.45 – 11.45am

The Role Involves:

- Instruction and observation of participants to support them in achieving the maximize benefits from exercise routines.
- Being aware of participants' capacity and limitations throughout the class.
- Planning routines, choosing music, and selecting different movements for each set of muscles depending on participants capabilities and limitations.
- Incorporating a range of resistance, balance, cardio and core activities into the class.

Required Skills/Abilities:

- Knowledge of the fundamentals of exercise science and fitness techniques.
- Demonstrated ability to lead classes effectively.
- Ability to work with seniors in a flexible and engaging way.
- ABN and ability to invoice Centre as an independent contractor

Education and Experience:

- At least two years of experience as a fitness trainer.
- Registration with Ausactive

Interested?

Please e-mail Rachel with any queries and, if interested, your resume.

Rachel will invite shortlisted candidates in to view the facilities and have an informal interview.

Email: manager@ashburtoncc.org.au