



**Volunteer Group Fitness Instructor – Cyclefit
Westhills YMCA-YWCA (Langford, BC)**

Vacancies: Up to 3

Placement: October 2019

Position: Volunteer

Hours: Various class times available.

Nature and Scope:

The Volunteer Group Fitness Instructor – Cyclefit designs, modifies, and instructs safe, effective and appropriate Cyclefit fitness programs to meet the needs of members, community and special populations in a group fitness setting. The Volunteer Group Fitness Instructor – Cyclefit ensures members understand benefits of exercise and feel comfortable with the fitness program. The volunteer will perform work according to YMCA-YWCA values, objectives, policies, and health and safety and risk management programs.

Responsibilities:

- To engage, motivate and lead individuals in a group fitness class setting safely
- To plan, organize and implement lesson plans
- To demonstrate a commitment to safety in program delivery
- To ensure excellent customer service is provided
- Model appropriate behaviours in line with our Mission, Vision and Values
- Represent the Association in a professional manner
- Develop and maintain professional and courteous relationships with members and participants

Qualifications:

- High School graduation/diploma
- Group Fitness/Cyclefit Instructor certification
- Experience as a fitness instructor with group classes is an asset
- Experience and/or training in multiple fitness formats is an asset
- Current Standard First Aid and CPR C required
- A clear Police/RCMP Criminal Record Check with Vulnerable Sector Screening required

To Apply: Please send a cover letter and resume to:

Human Resources
YMCA-YWCA of Vancouver Island
Email: hr@vancouverislandy.ca

Please Note:

1. **Application Deadline:** This posting will close when a suitable candidate has been found.
2. **Please indicate in your cover letter how you heard about this position.**
3. **We thank all applicants, but only short-listed candidates will be contacted.**

The YMCA-YWCA of Vancouver Island is an equal opportunity employer.