



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

Vacancies: 1

Position: Casual

Placement: December 2025

Wage: \$37.22/one-hour class

Hours: Thursday 10:15am – 11:05am

Opportunity to substitute Tuesday evening class.

Nature and Scope:

The Group Fitness Instructor – Pilates designs, modifies, and instructs safe, effective and appropriate Pilates fitness programs to meet the needs of members, community and special populations in a group fitness setting. Reporting to the Program Coordinator - Fitness at the Westhills Y, the Group Fitness Instructor – Pilates ensures members understand the benefits of exercise and feel comfortable with the fitness program. The Group Fitness Instructor – Pilates performs work according to YMCA-YWCA values, objectives, policies, and health and safety and risk management programs. The successful candidate for this position will provide additional shift coverage as needed; availability on short notice for coverage is an asset.

This casual position is entitled to an individual YMCA-YWCA membership.

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:

- YMCA Group Fitness Instructor certification – specialty Pilates or equivalent relevant Pilates certification
- 1-year experience as a Group Fitness Instructor with group classes or an equivalent combination of education and experience
- Experience and/or training in multiple fitness formats is an asset
- Current CPR (A) Certification (or higher)
- A clear Police/RCMP Criminal Record Check with Vulnerable Sector Screening required (prior to start date- not required at the application stage)



Competencies:

- Commitment to Organization Vision and Values
- Leadership
- Commitment to Health and Safety
- Conflict Resolution
- Coaching and Development
- Service Attitude/Customer Focus
- Relationship Building
- Communication
- Teamwork

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

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

Please Note:

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

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