



## **Career Opportunity – Internal/External Posting**

### **Personal Trainer Community and Development Services**

#### **Position Summary:**

Reporting to the Supervisor, Recreation & Fitness Programming, the Personal Trainer is responsible for evaluating client fitness needs and creating a physical activity and wellness plan for the client based on outcomes.

#### **Key Responsibilities:**

- Assess and develop training programs to meet the client's specific needs and goals
- Demonstrate exercises and ensure the client is performing these exercises correctly and safely
- Modify exercises to meet limitations
- Continually assess clients throughout programs and make changes as required
- Explain the benefits of regular activity, the importance of warm-up, resistance, cardiovascular and flexibility training
- Ensure a safe training environment for the client
- Provide motivation and encouragement to the client
- Comply with OHSA requirements as well as the Municipality's Health and Safety Program
- Other duties as assigned

#### **Qualifications, Knowledge and Skills:**

- Strong communication skills
- Valid Standard First Aid and C.P.R. Level 'C', AED required
- Education: Secondary School or University/College level
- CAN FIT PRO Personal Training certification
- Past experience working in a fitness facility

#### **Hours of Work and Working Conditions:**

Hours of work will vary each week based on the personal schedules of clients. Evening and weekend shifts are required.

**Employee Group:**

Part-time, Non-union

**Wage Rate:**

\$36.75 per hour (2024 Rates)

**Closing Date:**

This posting will remain open and the Municipality will hire as needed.

**How to Apply:**

Interested candidates must apply online through our website, [leamington.ca/careers](http://leamington.ca/careers)

We thank all applicants; however, only those selected for an interview will be contacted. Selected applicants will be subject to an interview process and skills testing to determine eligibility.

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We are pleased to accommodate any individual needs under the Ontario Human Rights Code and the Accessibility for Ontarians with Disabilities Act. If you require accommodation throughout the hiring process, please contact Human Resources at 519-326-5761 ext. 1112 to make your needs known in advance.

Personal information on this form is collected under the authority of the Municipal Act, 2001, R.S.O. c45 and will be used to determine eligibility for employment. Questions about the collection of this information can be directed to the Manager of Legislative Services/Clerk, Municipality of Leamington, 111 Erie Street North, Leamington, Ontario, N8H 2Z9, Telephone: 519-326-5761