

# JOB POSTING / AVIS D'EMPLOI

<b>Job Title / Titre du poste:</b>	Small Group Training Instructor / Personal Trainer
<b>Position/ Poste:</b>	Full Time
<b>Salary/Wage / Salaire/:</b>	\$35,000 - \$50,000 per year
<b>Location / Endroit:</b>	<b>Gloucester ON, CAN</b>
<b>Language Requirements / Exigences linguistiques:</b>	English
<b>Posting Expires/ L'offre d'emploi termine:</b>	June 15, 2021
<b>Posted By/Affiché par:</b>	180 Fitness

## **Employer Name and Contact Information/Nom de l'employeur et coordonnées :**

**Adrian Delorey**

**Phone : (613) 859-2633**

**Email :adrian@180fitness.ca**

## **Position Summary/ Résumé du poste:**

Small Group training coach responsible for training groups of 5-10 people in a variety of different exercise modalities. Must be prepared to run session 45min-1h in length with variety in resistance training, conditioning, flexibility, coordination, and body composition control methods. Must have experience in 1 on 1 training tailored around clients goals (Fat loss, strength gain, muscle growth, nutrition etc.)

## **Job Description/ Description de Poste :**

### **Main Responsibilities / Responsabilités Principales:**

- Run training sessions in a small group setting
- Provide service to 1 on 1 clients
- Perform in Online Training Session
- Be apart of a team focused on the health and fitness of the population at large

### **Qualifications:**

- 4 years experience in the health and fitness field
- University Degree/College Degree in Kinesiology, Human Kinetics, Physical Education, Health Promotion
- Personal Training Certification
- Group Training Certification

## **How to Apply / Comment Faire une demande**

Send Resume to/ Envoyer CV à:

Email to: [adrian@180fitness.ca](mailto:adrian@180fitness.ca)

Telephone/ téléphone

(613) 859-2633

Deadline for Applications/ Date limite pour les demandes :

June 15, 2021