



The Zone Fitness Centre

Zone Attendant & Personal Trainer 2019-2020



Group Fitness Instructor

Department: Brock Recreation

Contact: Amanda Gregory agregory@brocku.ca

Pay Scale: Hourly, TBD

Expected start date: September 2022

Overview:

Reporting to The Zone Manager, The Group Fitness Instructor is responsible for planning and facilitating group fitness classes. Group fitness classes run five days a week, serving Brock's undergraduate and graduate student populations, University Faculty and staff members, and guests from within the community. Classes could take place in the fitness studio, outdoors or online. This role is tasked with ensuring the safe and effective use of the space, as well as maintaining cleanliness, safety, and a positive experience for members.

Requirements:

- Brock University full-time undergraduate student (enrolled in at least 3 full courses) or graduate student
- Group Fitness Instructor (CPTN, canfitpro, YMCA, or similar)
- Other certifications: Zumba, Pound, Tabata, Kick Boxing, Bollywood, Yoga, Pow Wow Sweat, Bootcamp, Spin
- Standard First Aid & CPR-C

Job Qualifications:

- Brock University full-time undergraduate student (enrolled in at least 3 full courses)
- Group Fitness Instructor or other certification. See Conditions of Employment for details
- Current First Aid / CPR certifications. See Conditions of Employment for details

Responsibilities of the Position will include but are not limited to:

- Deliver and plan all aspects of the Group Fitness classes, including modifications to meet the needs of the members
- Provide members with superior customer service & deliver fitness classes with enthusiasm
- Provide corrective feedback in an inclusive manner
- Maintain optimal operation of the facility through cleaning, maintenance, and safety checks
- Ensure members are following the studio expectations
- Model the lifestyle habits expected of a fitness professional
- All other duties as assigned by a supervisor

Conditions of Employment:

- All required certifications are subject to the approval of the Fitness Centre Manager. Employment is contingent upon receipt of all required certifications and documentation prior to the opening of the Fall 2022 academic term.
- Attend all required professional development opportunities.



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- Completion of all mandatory training sessions, including but not limited to the following:
 - AODA (Accessibility for Ontarians with Disabilities Act)
 - Workplace Health & Safety
 - Workplace Violence and Sexual Harassment
 - FIPPA (Freedom of Information and Protection of Privacy Act).

COVID-19 Considerations:

- We will continue to monitor the situation related to the pandemic, and its effect on providing programming and activities in person. Should we have restricted access to campus, employment may be impacted.
- At this time, the interview process is tentatively scheduled to be conducted virtually.

Please note that Brock University requires all employees to be fully vaccinated against COVID-19 if they are working on campus and/or in-person with other employees, students or members of the public. As a condition of being hired, employees in these types of roles will be required to provide proof of full vaccination or provide proof of a bona fide medical or Human Rights Code exemption.

Our Commitment

Brock University is actively committed to diversity and the principles of Employment Equity and invites applications from all qualified candidates. Women, Indigenous peoples, members of visible minorities, and people with disabilities are encouraged to apply. We will accommodate the needs of the applicants and the Ontario Human Rights Code and the Accessibility for Ontarians with Disabilities Act (AODA) throughout all stages of the selection process, as outlined in the Employee Accommodation Policy(https://brocku.ca/webfm_send/39939). Please advise Amanda Gregory (agregory@brocku.ca) to ensure your accessibility needs are accommodated through this process. Information received relating to accommodation measures will be addressed confidentially.