



# Group Fitness Instructor – Volunteer

## POSITION, DEPARTMENT

To lead a weekly fitness class with varying fitness levels and abilities at the new YW Hub location. Instructor will bring their own equipment and will focus on leading group fitness classes that encourage the community in health and wellness. Positions are for a 12-week term starting January 2020 and ending the beginning of April 2020. Completion of this position will earn a 6-month free membership to our brand new YW Calgary Fitness facility.

## WHAT MOVES YOU

You are passionate about leading our community, educating people on staying healthy and fit in a group fitness setting.

## WHAT YOU'LL DO

- Teach a group fitness class you're certified in such as - Yoga, HIIT, Zumba, Barre, Pilates
- Provide equipment as required
- Teach a 60-minute class once per week for 12 weeks starting January 2020 during the following times:
  - **Weekday Classes:**  
Mornings – (6-7) (7-8)  
Midday – (11-12) (12-1)  
Evening (5-6) (6-7)
  - **Weekend Classes:**  
Mornings – (10-11), (11-12)  
Midday – (12-1)

## WHAT YOU'VE DONE

- You possess a minimum of 75-hour teaching certificate from a recognized, accredited organization
- You are a registered instructor
- You have designed and developed multi ability fitness classes
- You have current First Aid and CPR

If you want to volunteer to change lives, we want to meet you.

Apply today – please click [here](#)