

PERSONAL TRAINER (CONTRACT)

Since its opening in 1980, the Columbus Centre, part of Villa Charities, has served as a vibrant community centre where people can enjoy the richness of Italian culture within a Canadian setting. Today, the Columbus Centre remains a major hub for the GTA's Italian-Canadian community and a popular meeting place to participate in a wide range of athletic, aquatic and wellness programs at our expansive Athletic Club.

The Columbus Center is currently looking for Part time **Personal Trainer** in a **contractual** role.

As a Personal Trainer, you will be responsible for delivering predesigned workouts to clients and motivate them on a one-to-one basis. This position requires a strong ability in time management. You must also have a well-rounded theory of fitness, including endurance, strength, and power, using the tools given to optimize the client's experience and results. You will be working as an independent contractor for this position.

ESSENTIAL DUTIES & RESPONSIBILITIES

- Deliver predesigned workout for individual clients and provide appropriate individual goals.
- Motivate and inspire client throughout the workout.
- Ensure safety of participants regarding exercise technique and personal limitations.
- Provide options and challenges for specific exercises to accommodate various skill levels.
- Work independently.
- Arriving 5-10 minutes before the scheduled appointment and to prepare and connect with client.

QUALIFICATIONS AND REQUIREMENTS

- Current Personal Trainer Certification from select accredited certifying bodies, including, but not limited to ACSM, ACE, NASM, NSCA, ISSA, CAN-FIT-PRO or AFAA.
- Current CPR/AED Certification
- Bachelor's degree in an exercise related field is an asset
- Intermediate knowledge of physiology, exercise technique, and body mechanics
- Ability to multi-task and stay organized
- Positive, motivating and effective interpersonal communication skills
- Desire and capacity to train all fitness levels
- At least 3+ years of experience in personal training in the fitness industry
- Excellent communication and customer service skills
- Must be able to safely lift and move up to 40 lbs.
- Must have their own insurance

BENEFITS

- Free Gym Membership
- Flexible schedules

LOCATION

901 Lawrence Ave W, North York, ON M6A 1C3 (Lawrence and Dufferin)

Villa Charities Inc. embraces diversity in the workplace and is committed to achieving employment equity. We aim to attract, develop, and retain highly qualified employees from diverse backgrounds, allowing us to benefit from their unique skills, various experiences, and perspective on our vision of “Inspiring people to explore the Italian in all of us.” We ensure that our recruitment practices support this commitment and do not infringe on any characteristics protected by law.

In accordance with the Ontario Human Rights Code, Accessibility for Ontarians with Disabilities Act and Villa Charities’ policies, a request for accommodation will be accepted as part of Villa Charities’ hiring process. To avoid any delays in the recruitment process, if you require an accommodation to apply or if selected to participate in an assessment process, you must provide your accommodation needs in advance. You may also be required to submit adequate medical/other documentation to Human Resources to support your request for accommodation.

HOW TO APPLY

If you are interested in an opportunity to make a difference and a lasting impact, work with an agile, collaborative, progressive, and high-performing team; please forward your resume and cover letter to: careers@villacharities.com.

We thank all applicants for their interest. Only those selected for an interview will be contacted.