

Group Fitness Instructors

Location: All Locations

- Ron Edwards Family YMCA, 500 Drury Lane, Burlington, ON
- Flamborough Family YMCA, 207 Parkside Dr., Waterdown, ON
- Les Chater Family YMCA, Rymal Rd, Hamilton, ON
- Hamilton Downtown Family YMCA, 79 James St. S, Hamilton, ON
- Laurier Brantford Family YMCA, 100 Water St., Brantford, ON

Position Type: Part Time, Hourly with complimentary YMCA membership

Hourly Wage: \$26.14 per hour

Position Description:

We believe that it is through the power of our amazing people that the #YSavesLives. By joining the Health, Fitness, Aquatics & Residence team, you will contribute to making our Y the best place to work. The Group Fitness Instructor – will be responsible for the coordination and direct delivery of all group fitness classes.

- | | |
|---------------------|---------------------------------|
| • Aquafit | • Step |
| • Aqua Zumba | • Strength & Cardio (general) |
| • Cardio Kickboxing | • STRONG Nation |
| • Chair Yoga | • TRX |
| • Foam Rolling | • Zumba, Zumba Gold, Zumba Kids |
| • Line Dancing | • Other - new/creative formats |

This position is a part-time position with a flexible schedule based on programming needs. This may include mornings, afternoons, evenings, weekends with an emphasis on Group Fitness, program reviews and the provision of excellent customer service.

What You'll Do:

- Direct delivery of fitness classes, modeling service excellence in assigned program areas.
- Interaction with members, developing positive relationships and addressing concerns or questions.
- Maintain relevant certifications.
- Required to work a variety of shifts which may include weekends, evenings, holidays and early mornings.
- Attend scheduled training events at the outlined training wage.

What You Bring:

- Current Standard First Aid and CPR-C certification
- Up to date and relevant Group Fitness Certifications
- Previous experience in teaching group fitness classes, (i.e CardioFit, Boot Camp, High Intensity Interval Training.)
- Post secondary education in physical education or related field
- Excellent customer service skills

All offers of employment will be subject to the provision that the successful incumbent provides the YMCA of Hamilton|Burlington|Brantford with a current and satisfactory Police Records Check. Positions responsible for the direct supervision of children and/or vulnerable people will be required, in addition to a Police Records Check, to provide a Criminal Record & Judicial Matters Check at the time of hire. Police Records Checks are reviewed on an individual basis, and the offence(s), if any, is considered in the decision-making process in relation to the requirement of working with children; therefore, not eliminating all candidates with a record from being offered a position.

Ready to Make a Difference?

The YMCA is a charity that ignites the potential in people. #YSavesLives starts with building a strong community. If you're passionate about creating a vibrant and healthy community where everyone thrives, we want to hear from you!

Don't meet every requirement? Studies have shown that women and people of colour are less likely to apply to jobs unless they meet all qualifications. If you are excited about the role, but your resume doesn't align perfectly with every qualification in the description, apply anyway. You may still be the right candidate for this or other roles!

Interested in applying? Please submit your resume and application to Andrea Sandhu, Health & Wellness Supervisor to andrea.sandhu@ymcahbb.ca by the closing date of June 7, 2025.

We are hosting **OPEN AUDITIONS** on Thursday June 5, 2025, from 6:00 p.m. to 8:00 p.m. at Ron Edwards Family YMCA, 500 Drury Lane, Burlington, ON.

What to Bring:

1. Copies of your relevant certifications (Group Fitness, Standard First Aid & CPR-C)
2. Fitness resume
3. Three references (name, professional/personal connection with phone number and email)

What to Prepare:

- Welcome & Introduction
- 1-3 minutes warm-up
- 3-5 minutes cardio segment (if applicable)
- 3-5 minutes strength segment (if applicable)
- 1-3 minutes cool down & stretch, and closing
- Demonstrate key exercises (squat, deadlift or bent row, plank) with proper form

The YMCA of Hamilton|Burlington|Brantford is committed to creating an inclusive, diverse, equitable and accessible environment. All qualified applicants will receive consideration for employment without regard to race, colour, religion, gender, gender identity or expression, sexual orientation, national origin, genetics, disability, age, or neurodiversity. We understand the social barriers preventing individuals from applying for open roles. We encourage those from the Indigenous, 2SLGBTQIA+, BIPOC, and Disabled communities to apply. If you need any accommodation throughout the recruitment process, please do not hesitate to contact our People, Leadership and Culture Department plc@ymcahbb.ca