



A sport, fitness and life skills facility for people of all abilities.  
varietyvillage.ca

## Variety Village Job Posting

<b>Job Title:</b>	Personal Trainer
<b>Report to:</b>	Coordinator, Personal Training and Membership Services
<b>Status:</b>	Part-time, Contract
<b>Hours:</b>	Evenings and Weekends
<b>Location:</b>	Variety Village

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*Located in southwestern Scarborough, Variety Village is an inclusive, adaptive, and family friendly facility serving more than 30,000 individuals each year. With approximately one half of its members with a disability, Variety Village has had, and continues to have, a profound impact on the lives of people with disabilities and their families. Through adaptive sport and recreation programming, outreach and education, Variety promotes inclusion and healthy living through adapted physical activity.*

### **Summary:**

The incumbent in this position will provide Variety Village fitness club members with one-to-one personal fitness training, designed to attain the client's fitness goals. The successful candidate will contribute to our knowledgeable and caring team by providing quality personal training services. The scope of client goals may range from developing leg muscles to walk unaided to earning a place on a Provincial sports team. Personal Trainers are compensated on a per session basis.

### **Major responsibilities include but are not limited to.**

- Assessing client's fitness level and developing an appropriate fitness program to help clients attain their goals, while ensuring their wellbeing.
- Instructing clients on the proper and safe use of fitness equipment.
- Ensuring the client is executing exercises and related fitness activities in a manner that avoids injury.
- Monitoring clients' progress and providing meaningful and encouraging feedback.
- Keeping clients challenged, engaged, and motivated.
- Keeping abreast of fitness trends and relevant information.
- Treating client information with the strictest confidentiality as per PIPEDA legislation and Variety policies.
- Participating in Variety Village in-house training sessions including, but not limited to: Plan to Protect, AODA and Health and Safety.
- Maintaining professional certifications.
- Participating in activities that lead to growth of clientele base.
- Adhering to all established Variety Village policies and procedures.

**Skills and Key Competencies:**

- Degree or diploma in physical and health education, kinesiology or fitness and health promotions.
- A current recognized certification in fitness training i.e. CSEP, CANFIT PRO, etc.
- An understanding of the value of excellent customer service.
- Strong communication skills.
- Excellent interpersonal skills.
- A respect for the safety and wellbeing of clients.
- Caring, supportive approach to training.
- Experience in working with people with disabilities an asset.
- Professional demeanor.
- Strong organizational skills.
- A passion for fitness.
- Current First Aid and CPR certificates.
- Flexibility to work mornings, afternoons, and evenings.

Interested individuals should submit a cover letter along with their resume to the contact information below by **Friday, April 26<sup>th</sup>, 2024**. Applicants should be prepared to participate in a multi-step interview process and the successful applicant will be requested to complete a Criminal Record Check.

[humanresources@varietyontario.ca](mailto:humanresources@varietyontario.ca)

Please note that requests for accommodation can be made at any stage of the recruitment process providing the applicant has met the requirements outlined in the job posting. Applicants should make their requirements known when contacted.

While only those individuals selected for an interview will be contacted, we sincerely thank all applicants in advance.

**To learn more about Variety Village, please visit**

[www.varietyontario.ca](http://www.varietyontario.ca)