

## **Fitness Instructor (Up to 20 hours/month, contract to December 2025)**

### **Who We are:**

Langs is a grass-roots neighbourhood-based organization that has become so much more! Langs was established as a community development project in 1978 by a group of citizens and service providers concerned about the lack of accessible services in the community. Langs has grown to become a dynamic, respected multi-service organization that uses a community development approach to provide comprehensive health, social and recreational services that are responsive to the changing needs of our community.

### **What We are Looking For:**

We are currently recruiting for a Fitness Instructor to join our Diabetes Education team for a part-time position. This role is responsible for leading and delivering high-quality fitness classes for older adults and individuals with chronic health conditions. Working closely with a Registered Kinesiologist, the Fitness Instructor will be responsible for the full scope of class delivery — from planning and set-up to instruction and takedown.

#### **A successful candidate in this role would have**

- Completion of a nationally recognized fitness instructor certification (e.g., YMCA Instructor Certification, CanFitPro, CSEP).
- CPR/First Aid Certification (current and valid).
- Additional certifications related to working with older adults and individuals with chronic health conditions (e.g., Canadian Centre for Activity and Aging, CSEP-Clinical Exercise Physiologist) would be an asset.
- Experience developing class content and teaching older adults and chronic health conditions
- Strong communication skills and the ability to explain complex movements in simple terms.
- Ability to motivate and inspire participants while maintaining a professional demeanor.
- Organized, reliable, and able to work independently with minimal supervision.
- Ability to adapt programs and modify exercises based on individual participant needs and feedback.
- Ability to stand, demonstrate exercises, and lead classes for extended periods of time.
- Capable of lifting and setting up fitness equipment as needed.
- Access to a vehicle and a clear driving record

#### **In this role you will be expected to complete the following tasks**

- Design and implement exercise programs that are appropriate for the abilities and limitations of older adults and individuals with chronic health conditions.
- Keep all certifications up-to-date, including CPR/First Aid, and any additional training or certifications relevant to instructing older adults and individuals with chronic conditions.
- Work under the guidance of the registered Kinesiologist to ensure class content aligns with overall program objectives and individual participant needs.
- Collaborate with the Kinesiologist to plan and adjust class schedules, design new programs, and track participant progress through statistical analysis.
- Submit reports on class attendance, feedback, and any participant concerns.
- Provide clear, concise instruction and modifications during class to ensure exercises are safe, effective, and accessible for all participants.
- Incorporate progressive exercises that accommodate varying fitness levels, and adjust intensity or movements as needed to meet participants' needs.
- Ensure that the class environment fosters safety, inclusivity, and engagement.
- Responsible for the full logistics of each class, including setting up equipment, preparing the environment, and ensuring all necessary materials are available for participants.
- After class, ensure that the space and equipment are properly cleaned and stored.

### **What We Can Offer You:**

Langs is an organization where people belong. Langs is committed to promoting Inclusion, Diversity, Equity, and Access for all our staff, patients, participants, and volunteers. We are committed to equal employment opportunity regardless of race, colour, ancestry, religion, sex, national origin, sexual orientation, age, citizenship, marital status, disability, gender identity or Veteran status. Langs strives for an inclusive environment centred on employee wellbeing and supportive leadership.

Don't meet every requirement? Studies have shown that women and people of colour hesitate to apply to jobs unless they meet every single qualification. At Langs, we are dedicated to building a diverse, inclusive and authentic workplace, if you're excited about this role but your past experience doesn't align perfectly with every qualification please apply and share in your cover letter why you believe you are the right candidate.

#### **The successful candidate would be eligible for the following benefits:**

- Salary of \$22.00 Hourly

Candidates are required to submit detailed cover letter along with their resume by January 17, 2025  
Candidates requiring accommodation to participate should contact Human Resources to communicate any accommodation needs.