



## Job Posting – Internal/External

**Position:** Seniors Fitness Instructor

**Status:** Casual Part-time

**Reporting to:** Manager, Health & Wellness

**Position Summary:** Responsible for independently carrying out group exercise programs under the direction and supervision of the Manager, Health & Wellness in various senior communities in the Etobicoke/West Toronto area. Support a culture of client safety based on ESS key strategic goals and priorities.

### **Duties and Responsibilities:**

1. Develop and conduct group exercise classes designed for seniors that focus on improving or maintain functional mobility, strength and improving balance.
2. Assist and monitor clients while utilizing exercise equipment; promote and demonstrate safe use of all equipment as well as proper infection control practices for equipment.
3. Monitor and report changes in client's functional ability to the supervisor in a timely manner.
4. Perform and document client's fitness and functional assessments, record attendance and ensure all required forms are completed.
5. Performs other duties as required.

### **Qualifications:**

1. Current Fitness Instructor certificate from Canfitpro or Canadian Centre for Activity and Aging, with older adult specialization preferred, or other related fitness certification (i.e. Yoga, Tai Chi, etc.)
2. Experience working with older adults and with individuals with cognitive impairment.
3. Demonstrates effective interpersonal, organizational and communication skills.
4. Ability to work independently and in a team setting.
5. Ability to work in a physically demanding, fast paced, challenging environment.
6. Ability to apply therapeutic modalities and adapt exercises as necessary.
7. Valid Ontario driver's license; availability of reliable motor vehicle; Valid Personal Auto Insurance and Drivers Abstract.
8. Current First Aid and CPR certificate.
9. Satisfactory Police Vulnerable Sector Check.
10. Must be able to provide proof of full 2 dose COVID-19 vaccination, upon hire.

**Please respond with resume & cover letter to:**

ESS Support Services  
Hiring Committee  
48A Rosemount Ave, Toronto ON, M9N 3B3  
Fax: 416-243-7987  
Email: [hiring@esssupportservices.ca](mailto:hiring@esssupportservices.ca)

***\*Posting will remain active until filled***

**Additional Information**

*To protect the health and safety of our employees, clients and their families and in the interest to follow strong public health measures, it is a requirement of employment at ESS Support Services to be fully vaccinated against COVID-19. ESS Support Services will consider cases needing accommodation as stipulated by the Ontario Human Rights Code.*

*ESS Support Services is a not-for-profit agency committed to supporting seniors in their desire to remain in their own homes and their community. We strongly encourage applications from women and men, people from racialized communities, visible minorities, persons with disabilities, aboriginal persons and people who identify themselves as LGBTQ2S+ and are committed to having a team that is made up of diverse skills, experiences and abilities.*

*We thank all applicants, but advise that only candidates selected for an interview will be contacted.*

*In accordance with the Accessibility for Ontarians with Disabilities Act (AODA) ESS Support Services will provide accommodation, accessible formats, and communication supports for the interview upon request.*