



Job Posting – Internal/External

Position: Certified Seniors Fitness Instructor – Falls Prevention

Status: Part time, 36 months

Working hours: 20 hours per week

Reporting to: Manager, Health & Wellness

Start Date: September 08, 2025

About ESS Support Services

We are an award winning not-for-profit community support services organization and community leader for over 40 years. Our mission is to care for aging adults in their homes and community through programs that support well being. ESS offers a diverse range of high-quality services and accredited programs designed to support the independence, social well being and health of our clients, along with a helping hand and respite for their families and caregivers.

Position Summary:

We are looking for a dynamic group leader passionate about motivating older adults to lead active and healthy lives! You will be responsible for independently carrying out engaging, safe and effective group exercise and falls prevention programs under the direction of the Manager, Health & Wellness in various senior communities in the Etobicoke/West Toronto area.

Duties and Responsibilities:

- Develop and facilitate client centred, evidence-based group exercise and falls prevention classes designed for seniors that focus on improving or maintaining functional mobility, strength and balance, and reducing falls.
- Assist and monitor clients while using exercise equipment; promote and demonstrate safe use of all equipment as well as proper infection control practices for equipment.
- Set up and tear down class environment, including speakers for music, chairs and tables, and clean after each class.
- Teach fitness and falls prevention classes virtually when necessary.
- Modify and adapt classes to provide individualized instruction and inclusion of all participants.
- Perform and document client's fitness and functional assessments, record accurate attendance and ensure all required forms are completed.
- Report all incidents in a timely manner.
- Participate in quality improvement projects and ongoing review of service delivery.
- Performs other duties as required.

Qualifications:

- Registered Kinesiologist, Physiotherapist, Occupational Therapist, or Nurse in good standing with College.
- Current Fitness Instructor certificate from Canfitpro or Canadian Centre for Activity and Aging, with older adult specialization.
- Certified in Falls Prevention education and training.
- Minimum 2 years experience teaching exercise classes for seniors and/or with individuals with cognitive impairment.
- Ability to work independently and as part of a team.
- Previous experience working with seniors in the community is an asset.

- Holds an active First Aid and CPR certificate.
- Proficiency in MS Office and Zoom platform.
- Valid Ontario driver's license; Valid Personal Auto Insurance; driver's abstract and access to reliable motor vehicle, is required.
- Current Police Vulnerable Sector Check.
- Able to provide proof of full 2 dose COVID-19 vaccination upon hire.

Benefits:

- Compensation for travel time
- Paid orientation/training
- Opportunity for professional development

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.cs](mailto: hiring@esssupportservices.cs)

**Posting will be 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.