



We are looking for people with energy, personality and professionalism to join our team of professional fitness trainers.

The following positions are currently available on a contract basis:

- **OUTDOOR FITNESS BOOTCAMP INSTRUCTOR. *Beginning September 2008*.**
Independently leading group, outdoor cross training classes for up to 16 people. Direct participants in the areas of warm-up, cardiovascular training, resistance exercise and flexibility training in an outdoor environment. Modify exercises and plan classes for a range of fitness levels. Motivate and inspire! 10-week sessions, 1.25-hour classes, 1-4 sessions per week: Tuesday/Thursday sunrise and Monday/Weds/Friday evening classes.
***Must be registered with BCRPA or equivalent as a group fitness leader and/or personal trainer OR be an experienced Kinesiologist. Must possess current CPR and Standard first aid certifications and have reliable transportation.**
- **KINESIOLOGIST OR EXPERIENCED PERSONAL TRAINER. Beginning Immediately.**
Work independently with ELM clients in a one-on-one or semi-private training setting- in home, outdoors or in a gym facility. Complete individual health assessments, develop and progress personalized fitness training programs, motivate and inspire our clients to reach their goals! Hours vary but may include evenings, Fridays and Saturdays.
***Must be registered/certified as a Personal Trainer and/or Kinesiologist. Must possess current CPR and Standard first aid certifications and have reliable transportation.**

In addition to the above-mentioned positions the successful applicant may be required to perform a variety of Administrative and Communication oriented duties. These may include development of promotional materials and distribution, client and participant communication via phone and email, program development, website maintenance, special event promotions and advertising.

Desired Characteristics and Qualities:

- Professional
- Enthusiastic
- Responsible
- Personable and Friendly
- Punctual and Reliable (zero tolerance for missed appointments/classes)
- Ability to work independently
- Passionate about sharing knowledge of fitness
- Positive outlook
- Honest and trustworthy
- Respectful of rules of business
- Ability to empathize with clients
- Excellent communication skills
- Team player
- Strong work ethic
- Motivator/Energetic

PERSONAL TRAINING & ACTIVE REHABILITATION



Must Have:

- A car
- A cell phone
- A computer with internet access and a printer (email, word and excel)

Qualifications and Desired Experience:

- Preferred (but not required): 3rd/4th year or graduate from a University Kinesiology, Leisure Studies or Physical Education program
- Registration with BCRPA or equivalent (ACE, CANFITPRO)
- Must possess valid CPR and Standard First Aid certification
- Word processing and basic data entry skills
- Sports Participation Background
- Personal Training, Group Fitness, Coaching, Teaching, and Service Industry experience preferred.

Only Apply If:

- **You want to work in a fun and inspiring outdoor environment alongside fantastic people and amongst breathtaking scenery.**
- You are willing to sign a contract with your employer outlining realistic rules and responsibilities.
- You understand the changing/unpredictable nature of the fitness industry and you are flexible when it comes to hours/days/time of day that you work each week.
- You are willing to take a small amount of time each week to communicate via email with your supervisor.
- You are willing to volunteer your time in exchange for workshop/educational opportunities that will expand and fine-tune your current knowledge base.
- You want to earn a minimum starting wage of \$25 per class/session depending on experience and your agreement with the owner.

PLEASE EMAIL **SARAH SEADS** AT ELMHEALTH@SHAW.CA
WITH COVER LETTER AND RESUME
APPLICATION DEADLINE AUGUST 22 2008

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