



## **FITNESS MONITORS**

Are you passionate about Fitness and Wellness? Do you like to share your knowledge and experience with others? Trico Centre for Family Wellness is currently seeking dynamic, outgoing and energetic individuals for their Fitness Centre. This hourly position requires enthusiastic fitness specialists looking for daytime, evening, weekend and holiday hours. The role involves welcoming our members, supporting their health and wellness goals and delivering high quality customer service to meet their needs.

### **Qualifications:**

- Physical Education, Kinesiology Degree or Equivalent preferred
- Completion of valid AFLCA theory course or equivalent
- Group fitness instruction certification a definite asset
- Personal Trainers certification or currently enrolled in the program a definite plus
- Current CPR, Standard First Aid mandatory
- Basic Security Clearance and Vulnerable Sector Search mandatory
- Experience teaching fitness classes an asset or willing to learn
- Must be able to work a variety of shifts which includes evenings and weekends

### **Responsibilities:**

- Educates patrons and applies Fitness Centre etiquette and regulations regarding proper use of equipment
- Ensures the safety and wellness of our patrons in the Fitness Centre
- Gets to know members by name and supports them in their fitness goals
- Assists and maintains a high level of cleanliness throughout the Fitness Centre
- Performs basic maintenance of fitness equipment
- Provides a quality customer service experience
- Communicates facility and program information to customers
- Documents and relays required information regarding running of the Fitness Centre to the Fitness Director
- Implements first aid and emergency evacuation procedures when required

### **Required Skills:**

- Strong sense of customer service
- Punctual, reliable
- Enjoys working in a busy Fitness Centre
- Excellent communication skills
- Friendly and enjoys working with people
- Hardworking, professional and a team player

- Organized and a strong attention to detail
- Works out regularly and is passionate about a healthy lifestyle

**What we offer:**

- Daytime, evening, weekend and holiday hour shifts
- Competitive wage scale and perks depending on education and experience
- Training and recertification support
- Advancement opportunities and cross-training
- Opportunity to use your creativity and develop new skills
- A fun, positive and respectful work environment

**Closing Date:** Open until filled

**Location:** 11150 Bonaventure Drive SE

Thank you for your interest in Trico Centre for Family Wellness. Only those individuals selected for an interview will be contacted. No phone calls please. We are an equal opportunity employer.

**Please send applications to:  
Trico Centre for Family Wellness  
11150 Bonaventure Dr. SE  
Calgary, AB T2J 6R9**

**Attention: Guest Services and Fitness Director**

**Email: [mmariani@tricocentre.ca](mailto:mmariani@tricocentre.ca)  
Fax: 403-278-7573**