



Fitness & Performance Instructor: Yoga, Cardio Dance, Barre or HIIT

Are you looking for challenging, meaningful work in a supportive and diverse environment? Are you looking for a career at one of Canada's top employers? Work where the world comes to think, discover and learn. Consider a career at the University of Toronto.

The University of Toronto is strongly committed to diversity within its community and especially welcomes applications from racialized persons / persons of colour, women, Indigenous / Aboriginal People of North America, persons with disabilities, LGBTQ persons, and others who may contribute to the further diversification of ideas.

Deadline: Ongoing until filled

Number of Positions: 2-7

Rate of Pay: \$20-\$40/hour

Position Start Date: September 6, 2022

Position End Date: August 31, 2023

Number of Hours per week: 1-5; hours subject to session programming
Must be willing to work mornings, evenings and/or weekends

Classification: Non-union

Summary:

The Fitness and Performance Department provides a world-class physical activity and training environment for all students, staff, faculty, and U of T community members, as well as Varsity Blues Student-Athletes.

Reporting to the Manager, Fitness & Performance, Instructors must exemplify expertise in the class type being delivered and demonstrate the ability to teach to a diverse group of participants with varying levels of experience. Fitness & Performance Instructors (Yoga, Cardio Dance, Barre) promote lifestyle behaviours that improve the health, wellness, fitness, and performance of all participants, students, and student-athletes.

A significant requirement of this position will be maintaining an engaging, motivating and inclusive training environment while delivering a safe and effective class.

	<p>Fitness and Performance Instructors are required to embrace and exemplify the mission, vision, and values of the Faculty of Kinesiology.</p> <p>Co-Curricular (CCR) Instructor Competencies:</p> <ul style="list-style-type: none"> • Communication - communicate movement exercises and techniques • Health Promotion - promote physical activity • Professionalism-demonstrate professionalism, maintain certifications, attend staff trainings and professional development • Personal Health & Wellness - educate members on physical activity topics and role model healthy active living <p>We are looking for instructors who can teach the following classes:</p> <ul style="list-style-type: none"> • Barre Classes – Thursdays 6:15pm • Cardio Dance Party Classes – Fridays 4:15pm • Yoga Instructors • HIIT Instructors • IMPACT Instructors
Minimum Qualifications:	<p>Education/Certification: Relevant certifications in group exercise OR training; Yoga Certification (RYT), Barre Certification, Various dance-based fitness certifications. Education in Kinesiology or related field an asset.</p> <p>Certifications:</p> <ul style="list-style-type: none"> • CPR-C; issued by a WSIB-recognized provider not more than one (1) year prior to your start date September 13, 2021. • Standard First Aid; issued by a WSIB-recognized provider not more than three (3) years prior to your start date September 13, 2021. <p>The incumbent must maintain all certifications while employed in this position.</p> <p>Preference given to University of Toronto students.</p> <p>Experience: A minimum of six months instructor experience leading group fitness, teaching a range of movement styles and levels. Familiarity with Sport & Rec programs and services across KPE facilities.</p> <p>Other: Excellent customer service and conflict management skills Excellent communication (oral and written) and listening skills Excellent organization and time management skills</p>

	<p>Demonstrated ability to work with a diverse group of people and within a team</p> <p>Open minded/willingness to learn in academic environment and ability to receive and provide constructive criticism</p> <p>Flexible and adaptable to accommodate and embrace dynamic working environments and diversity of opinions, ideas, experiences, and preferences</p> <p>Professionalism, health promotion and leadership skills</p> <p>Ability to foster inclusivity and equity in a fitness/athletic setting</p>
Method of Application	<p>Resume and cover letter to be submitted via email Fitness.performance@utoronto.ca</p> <p>Please include position title in subject line. Only complete applications will be considered.</p> <p>*Only those applicants selected for an interview will be contacted.</p>
Contact Information:	<p>Fitness & Performance Management Team Faculty of Kinesiology & Physical Education, University of Toronto</p> <p>Fitness.performance@utoronto.ca</p>
Date Posted:	August 8, 2022