Fitness & Wellbeing Instructor Position: Culturally Based Dance

Summary of Host Department:
TMU Athletics & Recreation plays a central role in student wellbeing, engagement and connection to campus and community-building while supporting a students' academic performance and success beyond university. www.torontomu.ca/recreation

Position Overview:

Instructors design and lead Group Fitness classes (drop-in) and Learn To (registered sessions) for the TMU Recreation community. Instructors help create a positive space and inviting environment to foster new and returning members of all abilities in living healthy active lifestyles.

Our Priorities:

Our #1 priority is making EVERYONE feel safe and welcome in our spaces, placing a special emphasis on students and beginners: Students because their experience and development is the core of our work at TMU, and beginners because if not here than where?

The impact of a healthy, active lifestyle and a sense of belonging are too great to miss, especially for those who haven't historically found their place in spaces like ours. To that end, we focus on:

- Feeling great - in all the different shapes humans come in - not 'looking good'
- Finding community and getting active over being skilled, a 'regular' or even 'on time'
- Making the link between moving our bodies and our academic and work performance

Responsibilities:

- Create a welcoming and accepting environment where all participants feel they belong

- Teach inclusive fitness classes, providing modifications for participants of all levels and abilities
- Stress **safe** workout technique and remind participants about the benefits of moving your body, warming-up/cooling-down, etc
- Use creative choreography/exercises and music to create motivating and fun classes
- Knowledgeable about fitness, training, and stay up-to-date on current trends and research findings
- Actively identify and communicate any issues, injuries or incidents that arise in class with Program Coordinator

Qualifications:

- Nationally Recognized Certification (ex. Canfitpro FIS, etc), in the process of completing one
- Standard First Aid/CPR C (required once hired)
- Candidates should possess:
    - enthusiasm for well-being and fitness
    - strong communication and leadership skills

Application Procedure:

We are currently accepting applications for Spring/Summer 2023, Fall 2023 and Winter 2024. Please email your cover letter and resume of relevant experience to Evangelia Taylor at etaylor@torontomu.ca.

We appreciate your application; however, due to the high volume of applicants only candidates selected for an interview will be contacted. Should you have any questions regarding the position or about TMU Recreation in general, please contact us at groupfit@torontomu.ca. Thank you!

More Information:

Why work with us?

- Assume a leadership role and inspire others to pursue active well-being
- Interact with like-minded people and get to know TMU's Athletics & Recreation Department
- On-campus job means flexible hours, a comfortable work environment, and new friends!

Click here to see our current Group Fitness Schedule.