



Campbell River Head Injury Support Society

Job Description

Job Title: Fitness Program Instructor

Reports To: Senior Program Coordinator

Hours of Employment: up to 16 hours per week

Compensation: \$28 per hour One Year Contract April 1, 2025 to March 31, 2026

CRHISS is seeking a fitness instructor to provide group training and fitness instruction to individuals with brain injury. This position is responsible for providing group exercise fitness instruction in a variety of formats. Candidates must be able to instruct multiple fitness levels and ensure the safety of all clients in the class. The fitness instructor should be a strong communicator, offering helpful instruction in a positive environment that motivates clients to improve their physical health through exercise.

Key Responsibilities:

- Support the development and delivery of CRHISS's fitness programs
- Lead small-group fitness sessions with clients ie Full body fitness, Yoga, Zumba and Spin classes
- Listen to clients' fitness goals and actively track their physical progress
- Monitor the use of fitness equipment to ensure client safety
- Demonstrate fitness techniques and teach clients to use equipment properly
- Explain and enforce safety guidelines during each session
- Perform CPR or emergency first aid if necessary

QUALIFICATIONS

- Current BCRPA and/or Body Blueprint certificates
- Proven experience designing workout plans tailored to individuals
- CPR and first aid certifications
- Background in exercise science, kinesiology, or related field
- Strong teaching and leadership skills
- Commitment to staying current on health and fitness best practices
- Class 4 drivers license an asset

Additional Skills and Attributes included but not limited to:

- Knowledge and understanding of acquired brain injury
- Experience working with families, couples and individuals on issues of trauma and recovery
- Demonstrated ability to lead classes effectively
- Broad knowledge of physical exercise and human physiology, with the ability to determine appropriate workout plans according to individual needs and goals
- Strong motivational presence and enthusiasm for helping clients achieve their fitness goals
- Positive attitude and excellent interpersonal skills
- In-depth knowledge of gym equipment, machines, and fitness techniques
- Ability to interpret verbal and non-verbal behaviour
- Excellent communication skills
- Ensure client safety during fitness sessions
- Being able to assist other staff if needed