



## Job Posting

---

### **Personal Trainer**

**YMCA of Eastern Ontario**  
**Kingston, Ontario**

Are you a certified Personal Trainer? Do you have a proven track record of building relationships, and partnerships? Are you passionate about helping people to make exercise a part of their lifestyle? Is making a difference in your community important to you? If so, come and join our team as a Personal Trainer!

**Employment Category:** Part Time

**Hours:** Flexible work schedule may require evenings, weekends, early mornings, and afternoons

**Compensation:** \$16.55 per hour for scheduled floor shifts; \$30.00 per hour for Personal Training as assigned.

**Placement Date:** Immediately

**Work Location:** Multi-site

#### **Our Mission:**

The YMCA in Canada is dedicated to the growth of all persons in spirit, mind and body, and to their sense of responsibility to each other and to the global community.

#### **Our Vision:**

Our values are caring, honesty, respect, responsibility, and inclusiveness. These are central to our mission, guiding our behaviors, attitudes, and actions.

#### **Nature & Scope:**

Reporting to the Team Lead of Fitness, the YMCA Personal Trainer will provide a welcoming and inclusive atmosphere for members. The Personal Trainer will lead, instruct, and motivate members. Incumbents will lead scheduled orientations with members in which they will instruct them on how to perform exercises safely and effectively.

#### **Responsibilities:**

The successful candidate will be responsible for:

- Providing and tracking fitness orientations
- Performing regular equipment checks for safety and to ensure they are in good working order
- Providing safe instruction and personal training to members working within the scope of practice
- Encouraging consistent fitness center etiquette among members
- All other duties as assigned



Building healthy  
communities

**YMCA of  
Eastern Ontario**



Building healthy  
communities

YMCA of  
Eastern Ontario

**Qualifications:**

- Current Personal Training Certification
- Criminal Reference Check (CPIC) including Vulnerable Sector Check completed not more than 120 days prior to interview, with results acceptable to the YMCA of Eastern Ontario.
- Current Standard First Aid and CPR C certification.

**Competencies:**

- *Teamwork*
- *Interpersonal skills*
- *Problem Solving*
- *Initiative*

**Please apply in writing with a résumé and cover letter to:**

Tracy Vallier, Regional Supervisor of Fitness  
YMCA of Eastern Ontario  
100 Wright Crescent  
Kingston, Ontario K7L 4T9

Email: [tracy.vallier@eo.ymca.ca](mailto:tracy.vallier@eo.ymca.ca)

*We appreciate your interest in a career opportunity with the YMCA of Eastern Ontario. Please note that only those selected for an interview will be contacted. Candidates invited for an interview will be required to submit three professional references.*

*The YMCA of Eastern Ontario is committed to an environment that is barrier free. If you require accommodation during the hiring process, please inform us in advance so that we can arrange reasonable and appropriate accommodation. The YMCA of Eastern Ontario values the diversity of people and communities and is committed to excellence and inclusion in our Association.*

***This position has been posted internally and externally.***