

THERECC.CA

# JOIN THE TEAM

RATH EASTLINK COMMUNITY CENTRE

**FITNESS SPECIALIST. FT/PT**

**REPORTS TO THE HEALTH & WELLNESS MANAGER**

**Benefits package | 2 weeks' vacation | Special Leave and Holiday Pay | Full RECC Facility Family Membership**

The Rath Eastlink Community Centre (RECC) is a premier health and wellness facility located in Truro, Nova Scotia. Dedicated to enhancing the quality of life for our community, the RECC offers a state-of-the-art fitness center, an aquatic center, and diverse recreational programs. Our mission is to provide a welcoming environment where individuals of all ages can achieve their health and fitness goals. As a valued team member, you'll have the opportunity to inspire and support our members on their wellness journey while being part of a dynamic and inclusive community.

The RECC is seeking a highly motivated and skilled Personal Trainer, Exercise Physiologist, or Kinesiologist to join our dynamic team. The successful candidate will be responsible for designing and implementing personalized fitness programs that enhance the physical health and overall well-being of our diverse clientele. This role involves conducting fitness assessments, providing individualized exercise prescriptions, and offering continuous support and motivation to clients of all ages and fitness levels. Additionally, the position requires collaboration with other health and wellness professionals to promote a holistic approach to health, ensuring our members achieve their fitness goals in a safe and effective manner. The ideal candidate will have a strong background in exercise science, excellent communication skills, and a passion for promoting a healthy lifestyle within our community.

## **DUTIES AND RESPONSIBILITIES** (Included, but not limited to)

### **Client Assessment and Consultation:**

- Conduct comprehensive fitness assessments to evaluate clients' physical condition, including strength, flexibility, and cardiovascular health.
- Develop personalized exercise programs based on clients' goals, fitness levels, medical history, and individual needs.

### **Program Design and Implementation:**

- Design safe and effective exercise programs, incorporating a variety of training techniques that are tailored to the individuals needs.
- Provide clear instructions and demonstrations of exercises, ensuring clients perform them with proper form and technique.
- Ability to work collaboratively with management in developing and implementing specialized health and wellness programs.

### **Motivation and Support:**

- Offer continuous encouragement and support to clients, helping them stay motivated and committed to their fitness goals.
- Monitor clients' progress regularly, making adjustments to their programs as needed to ensure continuous improvement.

### **Group Fitness Instruction:**

- Lead RECC group fitness classes, as well as any specialty group programs.
- Ensure group classes are engaging, challenging, and adheres to the Nova Scotia Health Equity Framework.

### **Collaboration, Communication, Education, and Guidance:**

- Educate clients on the principles of physical fitness, proper nutrition, and healthy lifestyle choices.
- Provide guidance on injury prevention and rehabilitation exercises, collaborating with allied health professionals within the RECC, as well as referring to external health care where necessary.
- Maintain open and effective communication with clients, addressing any concerns or questions they may have.

### **Facility Maintenance and Safety:**

- Ensure the fitness facility is clean, safe, and well-maintained, reporting any equipment issues or hazards promptly.
- Enforce all safety policies and procedures, creating a safe exercise environment for all clients.

### Administrative Duties:

- Keep accurate records of client assessments, progress reports, and program modifications.
- Manage scheduling and client appointments efficiently, ensuring optimal use of time and resources.

### Professional Development:

- Stay updated on the latest fitness research, and best practices in exercise science.
- Participate in ongoing training and professional development opportunities to enhance skills and knowledge.

### Community Engagement:

- Actively participate in RECC community events and initiatives, promoting the benefits of physical fitness and wellness.
- Develop and implement outreach programs to engage and inspire community members to adopt healthier lifestyles.

## EDUCATION/QUALIFICATIONS AND SKILLS REQUIREMENTS

### Required Qualifications and skills

- Bachelor's degree in Exercise Physiology, Kinesiology, Sports Science, or a related field.
- Or Fitness Instructor Certification from a recognized fitness organization (e.g., CSEP, ACSM, NCSF, ACE).
- First Aid, CPR/AED certification
- Strong interpersonal and communication skills.
- Ability to motivate and inspire clients.
- Experience in designing and implementing fitness programs.
- Knowledge of health and safety standards in a fitness environment.

### Preferred Qualifications

- Master's degree in Exercise Physiology, Kinesiology, or a related field.
- Specialized certifications (e.g., strength and conditioning, rehabilitation, group fitness).

### Experience

- 1+ years industry experience
- Experience working with diverse populations.
- Experience working with the following is an asset; seniors, individuals with disabilities, and those with chronic health conditions.

## BENEFITS OF WORKING AT THE RECC

Joining the team at the Rath Eastlink Community Centre (RECC) comes with a range of benefits designed to support your personal and professional growth. These include:

- **Competitive Compensation (Full Time Only):** Enjoy a competitive salary with opportunities for performance-based incentives.
- **Professional Development:** Access ongoing training and certification opportunities to advance your career.
- **Comprehensive Benefits Package:** Benefit from health, dental, and retirement plans that ensure your well-being.
- **Supportive Work Environment:** Work in a dynamic and inclusive atmosphere that promotes collaboration and innovation.
- **Facility Access:** Take advantage of complimentary access to the RECC's fitness and recreational facilities.
- **Community Impact:** Be part of a mission-driven organization dedicated to enhancing the health and wellness of the community.

These benefits underscore our commitment to fostering a positive and enriching workplace for all employees.



Current Criminal Record and Child Abuse Registry Checks are mandatory conditions for RECC employment. They must be completed and submitted before any training will begin. Wage offered is based on previous experience and level of training and/or certifications.

COVER LETTER + RESUME SUBMISSION: DIRECT TO ► **ADRIAN - ABETTS@THERECC.CA**

We welcome cover letters and resumes from all qualified applicants. However, only those selected for an interview will be contacted. Central NS Sport & Entertainment is an equal opportunity employer committed to diversity and inclusion in the workplace. We encourage applications from qualified individuals of all backgrounds.