



equilibrium lifestyle management

We are looking for people with energy, personality and passion to join our team of professional fitness trainers.

WHO WE ARE:

ELM is a fitness & lifestyle management company based in the Comox Valley on Vancouver Island, BC. Our mission is to assist our clients in achieving their vision of living healthier and more balanced lifestyles. At ELM we provide our clients with the tools they need to reach their lifestyle goals. These tools include hands on training, education about fitness, nutrition and healthy living and resources to help guide them along the way. We provide professional **Personal Training** services and **Outdoor Fitness Adventures** designed for every'body'. ELM's unique group Fitness Adventures include Fitness Bootcamp, Adventure Race Training, Orienteering, Trail Running, Hiking & Women's Only Programs, Fitness Retreats, Workplace Wellness Programs and more. Our mobile training services are available in a space that is most convenient for our clients; in-home, outdoors, or at a local facility.

OUTDOOR FITNESS BOOTCAMP INSTRUCTOR:

Independently lead group, outdoor cross training classes for up to 16 people. Direct participants in the areas of warm-up, cardiovascular training, resistance exercise and flexibility training in an outdoor environment. Modify exercises and plan classes for a range of fitness levels using ELM program templates. Motivate, challenge and inspire! 1.25-hour classes, 2-5 sessions per week:

ADDITIONAL DUTIES: *In addition to the above-mentioned positions the successful applicant may be required to perform a variety of Administrative duties. These include but are not limited to data entry, email and phone communications with clients, program development etc.*

POSITION DESCRIPTION:

- **Hours:** 1.5-hour classes, 2-5 sessions per week.
- **Schedule:** Instruction hours may include weekdays, evenings and weekends. See class descriptions for typical hours/days per week. Any office hours are flexible.
- **Additional Benefits:** Complimentary access to company fitness programs, semi-annual train-the-trainer workshops with Sarah Seads and ELM, company technical clothing and discounts at local company sponsors as part of the ELM Membership program (see our website fmi).

CERTIFICATION REQUIREMENTS:

- Must be registered with BCRPA or equivalent as a group fitness leader.
- Preference for certified Personal Trainer, Kinesiology or Phys. Ed. graduate.
- Must possess current CPR and Standard First aid Certifications.



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SUCCESSFUL APPLICANT MUST HAVE:

- A car
- A cell phone
- A computer with internet access and a printer (email, word and excel)

CHARACTERISTICS THAT YOU HAVE:

- Professional
- Enthusiastic
- Responsible
- Personable and Friendly
- Punctual and Reliable (zero tolerance for missed appointments/classes)
- Ability to work independently
- Passionate about sharing knowledge of fitness
- Positive outlook
- Honest and trustworthy
- Respectful of rules of business
- Ability to empathize with clients
- Excellent communication skills
- Team player
- Strong work ethic
- Motivator/Energetic

QUALIFICATIONS AND DESIRED EXPERIENCE:

- Preferred (but not required): 3rd/4th year or graduate from a University Kinesiology, Leisure Studies or Physical Education program
- Registration with BCRPA or equivalent (ACE, CANFITPRO) as a group fitness instructor.
- Must possess valid CPR and Standard First Aid certification
- Word processing and basic data entry skills
- Sports Participation Background
- Personal Training, Group Fitness, Coaching, Teaching, and Service Industry experience preferred.

ONLY APPLY IF:

- **You want to work in a fun and inspiring outdoor environment alongside fantastic people and amongst breathtaking scenery!**
- You are willing to sign a contract with your employer outlining realistic rules and responsibilities.
- You understand the changing/unpredictable nature of the fitness industry and you are flexible when it comes to hours/days/time of day that you work each week.
- You are willing to take a small amount of time each week to communicate via email with your supervisor.
- You are willing to volunteer your time in exchange for workshop/educational opportunities that will expand and fine-tune your current knowledge base.

PLEASE EMAIL **SARAH SEADS** AT ELMHEALTH@SHAW.CA WITH COVER LETTER AND RESUME.



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