# CUMMINGS JEWISH CENTRE FOR SENIORS
# JOB POSTING

**JOB TITLE:** Independent Personal Trainer

**DEPARTMENT:** Program-Wellness Centre

**DIRECT SUPERVISOR:** Team Leader of Wellness Centre & Adapted Clinic

**DATE:** October 2026

**SCHEDULE: Flexible hours / contract**

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**JOB SUMMARY**:
Certified personal trainers to join the Cummings Centre personal training team in a variety of settings including, in-centre, zoom, at the client's home or group fitness classes at senior residences. These can be experienced trainers as well as novice trainers, who are keen and eager to work with a more vulnerable older adult clientele which includes post-stroke, Parkinson's, Multiple Sclerosis, COPD, orthopedic issues, dementia etc...
Must be willing to be trained and once the trainers are properly skilled, they will be assigned clients by Cummings Centre.

**DUTIES AND RESPONSIBILITIES**

- Must first learn training techniques for special populations in our Adapted clinic.
- Conduct individual assessments for in-home training including medical questionnaire & senior fitness tests
- Establish appointments with each client for weekly training sessions.
- Train older adult clients in-center, on zoom or in-home i.e., Post-stroke, Parkinson's & Movement Disorders, MS, orthopedic issues, COPD, dementia etc.
- Chart Progression Notes for each client as per Cummings protocol.
- Track client's attendance

**EDUCATION, EXPERIENCE AND SKILLS**

- B.Sc. Kinesiology (accredited FKQ or equivalent) **&/or** Certified Personal Trainer
- Bilingual English & French; Spoken (additional languages an asset)
- Min. 2 years training experience (personal training or group fitness)
- Understanding, comfort & experience working with special populations
- Solid organizational and interpersonal skills
- Excellent communication skills
- Friendly and outgoing, easily adapts and able to prioritize
- Open to adapting to our training philosophy
- Open to attending several training sessions to understand the clientele
- Experience working with adults 50+ an asset

We encourage people from minority and racialized groups to apply. We welcome diversity in our workplace.

**Interested candidates may submit their resume to :**

mailto:maria.fragapane@cummingscentre.org

**Only applicants to be considered for the position will be contacted for an interview**