



JOB TITLE: Personal Trainer

DEPARTMENT: Program - Wellness Centre

DIRECT SUPERVISOR: Supervisor of Wellness Centre & Adapted Clinic

DATE: November 2024

SCHEDULE: Flexible hours / specialist hourly contract

JOB SUMMARY:

We are looking for 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 thank all candidates for their interest; only those considered for the position will be contacted for an interview.

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

Interested candidates may submit their resume to hr@cummingscentre.org