



Job Description **Fitness Instructor**

Last Reviewed: July 20, 2026

CA Position Title:	Fitness Instructor
Friendly Position Title:	Fitness Instructor
Department:	Recreation Services
Classification:	CUPE – Casual Part-Time
Pay Grade:	\$33.23/hour
Reports to:	Recreation Services Coordinator
Supervises:	n/a

Posting Date:	Wednesday July 22, 2026
Closing Date:	Wednesday August 12, 2026

Position Summary

Under the daily leadership and supervision of the *Recreation Services Coordinator*, the Fitness Instructor will plan, set up and lead our weekly fitness classes at the Mount 7 Rec Plex.

The Fitness Instructor for our public programs will create a welcoming and inclusive experience for participants of all ages and fitness levels. This position will design an engaging strength and cardio class and motivate participants with fun music and verbal cues.

Key Responsibilities

- Plan, organize and lead the Town of Golden's recreational drop- in Group Fitness and Strength & Cardio classes.
- Set up and take down of any equipment required for the class.
- Respond to enquiries and complaints from the public regarding programs and activities.
- Maintain inventory of instruction supplies and equipment.
- Ensure the classes are meeting the public's needs and communicating with the Recreation Service Coordinator any concerns and ideas for adjustments.

Education & Certifications

- Current BCRPA Fitness Certification or equivalent, in fitness instruction or specialized discipline (e.g., group fitness, yoga, Pilates, spin, etc.).
- Current CPR and a First Aid certification.

Experience

- Experience with organizing, and leading fitness classes.
- Experience managing public complaints.

Problem Solving and Judgement

- Able to modify workouts for different fitness levels.
- Manage any injuries during a class and ensure patrons needs are met.

Concentration

- Frequent task-switching between leading the class and assisting individuals who may require extra assistance.
- Ongoing attention to safety and needs of participants.

Physical Effort

- Physically fit and able to bring energy and encouragement to the fitness classes.
- Walking, running and lifting heavy weights equipment.
- Demonstrating exercises and proper form.

Dexterity

- Use of fitness equipment and demonstration of exercises.

Impact of Actions

- Direct impact on patron safety, program quality, and facility operations.
- Influences the publics experience of Group Fitness Classes.

Safety of Others

- Responsible for monitoring recreation environments and preventing injuries.
- Responds to emergencies and ensures adherence to safety policies and procedures.

Leadership & Responsibility for Supervision

- Able to lead a fitness class.
- Not a supervisory role.

Contacts & Communication

- Maintain polite and professional communication with the public regarding work activities.

Adverse Working Conditions

- Role typically works in a climate-controlled environment.

Applications must include a cover letter, resume, and copies of current certifications.
Applications may be delivered by post, hand, or electronically and will be received by 2:00 pm
(Mountain Time) Wednesday, August 12th 2026, by:

Jordan Petrovics, Director of Recreation Services
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