



*A progressive city of 187,800 people located just a short 30-minute drive from Toronto, the **City of Oshawa** is one of Canada's fastest growing communities that is exceptionally positioned to live, work, learn and invest. Its strategic pursuit of sustainable growth, excellent community service delivery and cooperative partnerships have enhanced its quality of life advantage, while maintaining a strong commitment to financial stewardship.*

Vacancy: Temporary Specialized Group Fitness Instructor **Posting Number:** V-200-25

Department: Community & Operations Services **Branch:** Recreation Services

Location: General

Posting Start Date: 2025/08/18 **Posting End Date:** 2025/09/08 by 4:30pm

Employment Group: Exempt **Salary Grade:** 13-\$41.95-\$43.25

Standard Weekly Hours of Work: Up to 24 **Shift Work Required:** Yes

Job Description:

Reporting to the Program Coordinator, plan, organize and lead specialized group fitness classes such as Yoga, Pilates, Tai Chi

We are seeking a passionate and energetic instructor to lead our **Little Yogis** program. This role focuses on introducing fun, engaging, and age-appropriate yoga activities to children aged 2 to 6 years, accompanied by their parent or guardian. The successful candidate will foster a positive environment that encourages healthy movement, mindfulness, and connection between child and caregiver.

Responsibilities:

- Lead, Instruct and Demonstrate Specialized Group Fitness Classes
- Provide Customer Service, greet participants in a friendly manner and respond to fitness inquiries within your knowledge and training expertise
- Specific to the class description, Design fitness class using primary and secondary components of fitness incorporating fitness training principles

- Develop progressive lesson plan specific to the abilities of each class
- Demonstrate, instruct and lead participants using varied selection of music, cueing and coaching skills
- Provide clear instructions, explanations and demonstrations of skills and techniques, allowing for opportunity to practice and provide correction with comprehensive feedback
- Provide exercise options for beginner, intermediate, advanced participants if applicable to the class
- Monitor and educate participants on postural alignment and safety, adapting the format of the class to achieve these goals
- Evaluate and manage the effectiveness of class and adjust as necessary
- Administer first aid and complete Public Accident/Incident Reports or Complaint/Enquiry Forms, as required
- Enforce City of Oshawa policies and procedures, including but not limited to: admission requirement standards, emergency procedures (eg. fire plan)
- Open and close program space, prepare and organize program equipment and supplies, perform safety check of equipment prior to being used
- Keep accurate participant attendance records and follow up with full-time staff regarding participants with extended absences
- Follow-up with Program Coordinator on pertinent inquiries or suggestions from participants

Requirements:

- Minimum Grade 12 education
- Possess Fitness Instructor specialist Certification from recognized Fitness Agency—e.g. canfitpro, OFC, AquaZumba
- Minimum of one (1) year previous experience in a fitness studio
- Possess and keep current Standard First Aid/CPR 'C' qualifications
- Demonstrate good customer service and communication skills to deal effectively and courteously with staff and the general public; good interpersonal skills with the ability to establish and maintain positive working relationships
- Attend all staff trainings and meetings
- Ability to work shifts, including evenings, weekends, and holidays as required

This position may be eligible for compensation for Prep time.

As a condition of employment, the City of Oshawa will require successful candidates to provide a Criminal Records Check with Vulnerable Sector Search.

To be considered for this position, please email your application (cover letter and resume) to Posting200@oshawa.ca, clearly stating the position title in the subject line.

As part of your application, please fill out the mandatory pre-screening questions using the link provided: <https://forms.cloud.microsoft/r/eQ8afrGfW0>

Please be advised that position location as noted is at the time of posting and is subject to change, as required due to operational needs.

We would like to thank all applicants however, please note that only those selected to attend an interview will be contacted and all other applicants will be kept on file. Applicants are advised that written, oral and practical testing may form part of the selection process.

Applicants who are currently employed by the City of Oshawa are asked to clearly indicate their status as an internal applicant in their application. Please ensure that you check your email regularly to receive any correspondence.

The City of Oshawa is situated on lands and waters within the Williams Treaties Territory, home to seven First Nation communities of the Michi Saagiig and Chippewa Anishinaabeg, who have cared for and maintained these lands from time immemorial and continue to do so to present day. [Learn more](#)

We are an Equal Opportunity Employer in accordance with the Accessibility for Ontarians with Disabilities Act, 2005 and the Ontario Human Rights Code (OHRC). The City of Oshawa promotes the principles of diversity, equity and inclusion and adheres to the tenets of the Canadian Human Rights Act and the Ontario Human Rights Code. The City of Oshawa encourages applications from women, Indigenous Peoples and persons of all cultures, ethnic origins, religions, abilities, ages, sexual orientations, and gender identities and expressions.

The City of Oshawa will provide accommodations throughout the recruitment and selection and/or assessment process to applicants with disabilities and/or needs related to the OHRC. If you require an accommodation during the recruitment process or assistance with the application process please contact Human Resource Services. Personal information provided is collected under the authority of The Municipal Freedom of Information and Protection of Privacy Act.