



## Fitness Instructor Recruitment

Life After Fifty offers a variety of fitness programs for adults aged 50+ with varying skill levels. We are currently recruiting independent fitness instructors who meet the following criteria:

- Energetic, welcoming and enjoys working with older adults.
- Capable of teaching a variety of fitness classes.
- Current First Aid/CPR certification is recommended.
- Group Fitness Instructor Certification

Asset:

- Senior Fit Instructor Certification from the Canadian Center for Activity and Aging.

**For more information:** please call our Program and Wellness Coordinator at 519-254-1108 ext. 130

**To apply:** please forward your resume to Suzanne Poirier at [spoirier@lifeafterfifty.ca](mailto:spoirier@lifeafterfifty.ca)



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**Fit.  
Be Well.  
Social!**