



## **JOB POSTINGS**

**Fitness Leader  
Temporary Summer Student Position  
35 Hours per week**

The Fitness Leader is responsible for planning and delivering safe, effective, and engaging fitness, wellness and social programs for older adults. This role supports participants in maintaining and improving their strength, mobility, balance, and overall health while fostering a positive, inclusive, and motivating environment that encourages active aging and social connection. Provide support and input into program planning, schedules, registration and member inquiries.

Ideal candidate will have strong communication and interpersonal skills. Have ability to lead, motivate, and engage participants of varying abilities. We are looking for an individual who is organized, friendly, positive, patient, and has the ability to take initiative and work professionally in a team environment. Some knowledge of age-related health and exercise modifications is an asset.

LAF is committed to reflecting the diversity of the communities it serves. We welcome and encourage applications from all qualified candidates. We thank all applicants for their interest; however, only those selected for an interview will be contacted.

Submit cover letter and resume to [info@lifeafterfifty.ca](mailto:info@lifeafterfifty.ca) by end of day, Wednesday June 3, 2026.