

CALA Aquafit Instructor Position Available

Job Description: A versatile, certified aquafit instructor who can provide fitness training guidance for a 68-year-old man, both in the water and in a gym on land. Must be an excellent motivator with positive energy.

The client enjoys workouts in the water with styrofoam weights, as well as in the gym, and speed walking in the park system across the street. Cool downs and stretches, post exercise are important elements of his current workout routines. In general, good health for his age, without any pre-existing conditions that would impact his ability to do moderate workouts.

Time of Day: 7:30am - 8:30am. 2 to 3 times per week.

Location: Toronto, near Leslie and Lawrence Ave. E.

Facility: The indoor pool is 33' long, approx 12'wide and ranges from approx 3' to 10' deep. It's kept at approx 89F.

Fees: Negotiable

Apply to: Julia Paisley <Julia@paisley.ca>