

## **Position: Pre/Postnatal Fitness, Pilates, and Aquafit Instructor (Winnipeg)**

**Join our Fit Together team!** We're looking for enthusiastic and qualified fitness professionals to teach a range of group fitness classes for new and expecting parents in Winnipeg.

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### **Available Classes**

- **Stroller Fitness** (location TBD – Sturgeon Heights, Assiniboine Park, and/or FortWhyte)
  - **Adventure Club** (time TBD, locations vary)
  - **Parent & Baby Pilates / Prenatal Pilates** (location and time TBD)
  - **Parent & Baby Aquafit / Prenatal Aquafit** (occasional subbing)
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### **Requirements**

- Current certification and insurance as a **group fitness, aqua fitness, personal trainer, Pilates, or yoga instructor** (e.g., Manitoba Fitness Council).
  - Certification as a **Pre/Postnatal Fitness Specialist** (or willingness to complete this certification).
  - **In-house training program:** Includes observing 1–2 classes, reading a short manual, creating two class plans, and co-teaching 2–4 classes.
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### **Ideal Candidate**

You'll be a great fit if you are:

- Positive, approachable, and energetic
  - Passionate about supporting new and expecting parents
  - Comfortable teaching outdoors and in various environments
  - Open to feedback and committed to continual growth
  - Able to work both independently and collaboratively
  - Community-minded — you see fitness as a way to foster connection and support
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### **What We Offer**

- Complimentary access to Fit Together classes (space permitting)
  - Scheduled breaks: 3-week winter hiatus and 2-week spring break
  - Supportive and welcoming teaching environment
  - Competitive pay: **\$35–\$45/class** in your first year, with regular increases
  - Opportunities to sub for other instructors and grow your teaching schedule
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### **Start Date**

- **Shadowing begins June 2025**
  - Goal: Independent teaching by **September 2025**
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### **Important Note for Parents**

Due to safety concerns and insurance policies, **instructors may not bring their child or baby to class** while teaching.

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### **How to Apply**

Email your **job-specific cover letter and resume** to **Aileen@fittogether.ca** by **May 30, 2025**. Please indicate:

- Which classes you're interested in teaching
- Your availability for training and start date