

Job Title: Fitness Instructor, Adapted Exercise Programs

Date: July 2, 2026

Faculty/Admin Area: Active Living, University of Calgary

Department/Unit: Health and Wellness

Job Family: Part-time, Non-Credit Teaching

Start Date: September 2026

Nature of the Work

The University of Calgary's Active Living department is one of the largest and most diverse recreation departments based on a North American campus. Active Living has a team of 40 full time and up to 600 part time staff. On an annual basis our staff handle 47,000 registrations in over 75 recreational and sporting activities and provide facility access to over a million users to our facilities: North America's largest Outdoor Centre with climbing and bouldering walls, a gymnastics centre, an Olympic sized pool, a fitness centre with 200 m track, Canada's largest university racquet centre, five gymnasiums and access to the Olympic Oval. The Outdoor Centre also provides its students and community over 16,000 outdoor equipment rental orders each year. Active Living's vision is to enrich our community by providing exceptional experiences through our facilities, programs, and services fostering lifelong active living for all.

The Health and Wellness unit offers a wide range of programs and services to support individuals in the attainment of an improved quality of life and optimal health. Programs and facilities in this area include fitness centres, group fitness classes, adapted and rehabilitative programming, and personal and group training. Facilities and programming are available to students, faculty, staff, and the general public. The area is led by a team of health professionals that include Clinical Exercise Physiologists, Certified Personal Trainers, and Kinesiologists.

The Adapted programs run within the University of Calgary's Active Living department include Joint Effort, Good Life Arthritis: Denmark (GLA:D) and Fitness and Rehabilitation.

The Fitness and Rehabilitation program offers services to adults with chronic physical disabilities including but not limited to spinal cord injuries, multiple sclerosis, stroke, cerebral palsy, traumatic brain injury and amputation. The program has 350+ registrants per year and utilizes practicum students, volunteers and part-time instructors.

As an Instructor within the Fitness and Rehabilitation program, this position is responsible for leading and supervising exercise classes for adults with chronic physical disabilities. This position is considered an hourly Non-Classified Teaching (NCT) position and reports to the Coordinator, Adapted Exercise Programs. Classes are generally scheduled by term, with

sessions occurring year-around. Peak periods running from September to December, and January through April. We are currently recruiting instructors with availability to teach daytime classes which run 10am-4pm, Monday – Thursday. There are opportunities to teach multiple classes or just one class, dependant on the applicant's schedule. As this is an hourly position, hours are not guaranteed.

This position will involve moderate physical demands in relation to exercise demonstration and client interactions.

Qualifications/Expertise

- Bachelor's degree in Kinesiology or related
- A Canadian Society for Exercise Physiology (CSEP) Certified Personal Trainer (CPT) certification **and/or** Alberta Kinesiologist Association (AKA) designation, in good standing
 - CSEP - Clinical Exercise Physiologist (CEP) certification, in good standing preferred
- Intermediate (Standard) First Aid/CPR/ARD (valid within the last 3 years)
- Experience working with people with chronic conditions
- Experience in front-line customer service
- Strong verbal communication, leadership, and organizational skills

Accountabilities, Tasks, and Duties

- Customer service: meeting and greeting participants
- Instruction and correction of participants use of equipment, assisting with technique and spotting
- Monitoring the volunteers and assisting with questions
- Implementing changes to participant programs, when appropriate (once verified or directed by a Clinical Exercise Physiologist)
- Enforcement of program and facility policies
- Initiation of required emergency procedures and incidents, including documentation
- Wiping down program equipment at the end of each class and reporting any maintenance issues
- Maintaining a close liaison with the program supervisor, regarding the program's volunteers, practicum students, and participants
- Maintaining a close liaison with the co-instructor of the class regarding client progress or concerns.

Occupational Health & Safety:

- Understands and complies with the requirements of the University's Occupational Health and Safety Policy.
- Has knowledge of and understands the expectations of the University's Occupational Health and Safety Management System (OHSMS) and applicable Faculty/Departmental/Unit specific health and safety policies and procedures.
- Ensures that all work conducted is in accordance with the Alberta Occupational Health and Safety Act, Regulation and Code and other health and safety legislation as applicable

Applications can be sent to: Parvin.Pazira@ucalgary.ca

Rate of pay ranges from \$22.50/hr – \$30.00/hr dependent program, level of certification and experience

Position will be open until filled

For questions about the posting, please contact:

Parvin Pazira
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