

Post Date: December 2017



## Position: Yoga Instructor

### Description

Located in Carleton Place, ON, Heritage Fitness is adding a yoga instructor to our team of *To The Mat Yoga* instructors.

Our yoga program is a specialty membership offering yoga classes for every body. With three studios in our facility, *To The Mat Yoga* members have access to specialty yoga classes that provide everything from a gentle challenge to more advanced strength building sessions. This specialty membership program is designed to accommodate all levels of fitness.

The successful applicant is energetic, encouraging, and personable.

### Qualifications

- have completed the 200-hour teacher training
- able to teach evening and weekends classes
- certified to teach fitness-based, vigorous yoga styles
- well-developed communication and interpersonal skills
- ability to work in a team environment
- standard first aid and CPR training strongly preferred

### What We Offer

We want you to focus on being an awesome instructor. By working with Heritage Fitness, you will work in a professional environment and receive access to the following:

- an education allowance
- positive, caring, and supportive work environment
- external and internal marketing support
- two complimentary gym memberships

### How to Apply

Interested candidates can forward their resume to:  
Heritage Community Fitness & Rehabilitation Centre  
Redeana Villeneuve, General Manager  
[redena@heritagefitness.ca](mailto:redena@heritagefitness.ca)  
613-253-2112

