

## 1 The Job

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|-------------------------|-----------------------------|
| <b>Title</b>            | Health & Fitness Instructor |
| <b>Department</b>       | Gym                         |
| <b>Type of Contract</b> | Full Time                   |
| <b>Reporting to</b>     | Duty Manager                |
| <b>Location</b>         | LeisureWorld Group          |
| <b>Salary</b>           | €13.31 per hour             |

### Purpose of Role

This role will primarily involve working as a health & fitness instructor

Responsible for providing a high standard fitness instruction on the gym floor or in the fitness studio to the customers of LeisureWorld.

## 2 The Company

LeisureWorld is an Irish owned company founded in 1997 with the purpose of operating and managing local authority leisure centres throughout Cork City.

We operate three leisure centres at Bishopstown, Churchfield, Douglas, one golf course at Mahon and one arts & heritage visitor centre at St Peter’s Church in Cork City. We provide fully equipped gyms, excellent pool facilities, fitness studios and all weather pitches. Our golf facility is located in a picturesque location with exceptional putting greens. St Peters Church dates back to the 12<sup>th</sup> century and now serves as a multidisciplinary arts centre on one of the city’s oldest building on the city’s most historic streets. Our centres are the perfect place for a family day out; to keep fit; to meet new friends; or just to relax and unwind. We aim to make a positive impact on individuals, the communities in which they live and the city as a whole.

Employee benefits:

- Full membership to all LeisureWorld Facilities (reduced golf fees at Mahon Golf Course)
- Discounted Café in LeisureWorld Bishopstown and St Peters Church
- Friends and family benefit – a free set of passes are available bi-annually
- Career promotions – opportunities to be promoted within the company
- Development courses to aid career progression
- Save money with our cycle to work scheme and plan for your future with access to the companies PRSA Pension scheme
- Health & Wellness Policy
- Multi-site & flexible work environment
- Free Parking

## 3 The Duties – Key Responsibilities & Accountabilities

- To be responsible for exceeding member expectations on a day to day basis, whilst ensuring the fitness areas and activities are promoted and run effectively.
- To provide a supportive customer service role providing personal attention and care to all members.
- To ensure the fitness areas and equipment are maintained and presented as laid out in the gym NOP.
- To be responsible for the delivery and promotion of various fitness services that offer clients/members a safe method to maximize workout efficiency, improve fitness, promote exercise compliance and satisfy members expectations.
- To schedule and complete record keeping according to standard operating procedures.
- To consistently deliver appointments and fitness testing sessions that achieve and exceed expected targets.
- Ensure all hygiene, health & safety, NOP's and service excellence standards are carried out correctly at all times.
- Timely production and monitoring of assigned administrative duties.
- The role leads and is part of multidisciplinary team that includes HSE and other health care professionals, and liaising with other organisations.
- Other tasks relating to gym instruction and group exercise classes will also form part of the role.

#### 4

#### The Person

The successful candidate will possess the following skills, experience and competencies.

- Patience, empathy and a genuine desire to help others.
- The ability to build and maintain effective working relationships.

#### Essential

- A degree in sports/exercise/health science and relevant work experience
- Interest in working with clinical populations, which will include weight management, MS, Parkinson's, Cardiac Rehabilitation, People with a disability, Stroke survivors, Mental Health and older adults.
- Relevant additional training and qualifications such as Cardiac Rehabilitation Phase IV and other health/ medical related training with physical activity.
- Applicants should be comfortable leading programmes and having strong communication skills in dealing with public and allied professionals.
- You must maintain a high level of fitness (strength & endurance)
- It is the employee's responsibility to keep their qualifications in date
- Flexible with hours including weekends and evenings.

### Desirable

- Previous experience in a similar role an advantage
- Aqua aerobics qualification
- The desire to contribute to a positive environment A shared sense of purpose and commitment to LeisureWorld's values and evidence of demonstrating these values in practice.
  - Respect
  - Collaboration
  - Professional
  - Dynamic
  - Friendly

## 5 Application & Selection Process

The selection process may include short-listing of candidates and will be based on the requirements of the position. It is important that you provide a detailed and accurate account of where you believe your skills and experience meet the requirements for the position.

This should be contained in a cover letter accompanying your CV and should be sent to [recruitment@leisureworldcork.com](mailto:recruitment@leisureworldcork.com)

## 6 Further Information

### ISSUED BY THE HR DEPARTMENT AT LW MANAGEMENT

Applicants must have the legal right to live and work in Ireland.

We are an equal opportunities employer.