

Interested in becoming a Group Exercise Instructor ?

The Rec centre is looking for keen, energetic trainees.

We need people who want to learn to teach PUMP, STEP, High-Low/ Bums, Tums and thighs.

WE DO NOT NEED REV INSTRUCTORS

Our ideal trainee will have:

- ☺ **A sport & Ex Science / Sport & Leisure studies/ Phys Ed / Fitness Leader background (or be studying one of these otherwise attendance at a Fitness Leader course is required)**
- ☺ **Be a regular and committed attendee at group exercise classes especially STEP, pump, etc**
- ☺ **Have a background in dance or sports coaching or gymnastics**
- ☺ **Be able to hear the beat in music and be able to move in time with it . . . always!**
- ☺ **Have at least two more years of study or be committed to being in Hamilton for at least 2 yrs**
- ☺ **Have time, drive and energy to train hard**

IF this sounds like you please contact

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