

PERSONAL TRAINER

Job Type: Part-time position, 15-30 hours per week

Location: Prosserman JCC, 4588 Bathurst Street, North York ON (Bathurst St and Sheppard Ave area)

Wage: \$27.50-\$45.00 per hour

Who We Are:

The Jewish Community Centre (JCC) is more than just a workplace—it's a vibrant hub of culture, connection, and community. As one of the largest engagement platforms in the Greater Toronto Area, we offer a diverse range of programs, including arts, fitness, education, daycare, summer camps, and more.

With a bold goal to triple our community engagement by 2026, we are on a transformative path to become the beating heart of Jewish life in the region. Join us in shaping the future of the JCC experience for 75,000+ people annually!

Are you our newest Personal Trainer?

Do you want to help people live well, and enjoy making a difference in their lives? We're looking for an experienced, highly motivated Personal Trainer to join our team—someone who brings energy, expertise, and a client-focused mindset. The ideal candidate is not just a great coach but also a strong team player who is eager to grow their client base, deliver an exceptional training experience, and contribute to the success of our fitness community.

Personal Training Job Overview:

As a Personal Trainer, you will be responsible for delivering personalized workout sessions to clients while fostering a positive and encouraging atmosphere for all gym members. You will work 1:1 with clients to develop tailored workout programs, provide fitness assessments, and engage with members on the floor to ensure a well-rounded and supportive fitness environment.

Key Responsibilities:

1:1 Personal Training Sessions:

- Develop customized workout plans to address clients' goals, ensuring progressive and safe training techniques.
- Provide one-on-one coaching during training sessions, offering motivation, guidance, and expert advice to optimize performance and results.

Fitness Assessments

- Provide fitness assessments for all members to build rapport, evaluate movement patterns, body composition, and personal goals.
- Conduct follow-up assessments to track progress, refine training plans, and keep clients motivated.
- Offer personalized feedback, highlighting strengths and areas for improvement while setting achievable fitness goals.

Floor Engagement:

- Actively engage with gym members on the floor to offer support, answer fitness-related questions, and provide assistance with exercises and equipment.
- Maintain a presence on the fitness floor, offering motivation and encouragement to ensure members feel supported in their fitness journey.

Other duties as assigned by your supervisor.

Required Qualifications:

- Personal Training Certification from a recognized Canadian or North American Organization
- Standard First Aid CPR C, AED
- Demonstration of skill proficiency

Bonus Points - What will make you stand out?

- Genuine passion for fitness, health, and wellness.
- Self-motivated team player with strong communication skills.
- Dedication to delivering exceptional client experiences and fostering a supportive, member-focused environment.
- Up-to-date knowledge of fitness trends and personal training best practices.

Perks & Benefits:

- People-centred, flexible work environment that always puts your family and/or your personal life and overall well-being first
- Discounts on membership and programming at the JCC
- Free Parking

How to Apply:

We welcome candidates from all backgrounds and experiences—don't self-select out if you don't meet every requirement. If this role excites you, we want to hear from you!

To apply, please submit your cover letter and resume no later than **September 3, 2025** to **Thomas Capobianco**, Personal Training Manager at thomasc@prossermanjcc.com.

We appreciate every application; however, only selected candidates will be contacted for an interview. If you require accommodations at any stage of the hiring process, let us know—we are committed to creating an accessible and inclusive workplace.