

## Now Recruiting...

### Community Outreach Group Exercise Instructors

Valley Leisure Ltd has an exciting opportunity for Community Outreach Group Exercise Instructors.

Successful candidates will be offered opportunities to deliver a variety of group exercise classes in community settings in and around Andover.

It is anticipated that classes will be aimed at special populations including older people and those with a variety of health and long-term conditions. It is essential that Instructors have an understanding, attitude and empathy towards those who are less able and inactive as a result of injury, illness or disuse, helping them to become and remain independent and confident.

Positions will be offered on a freelance basis with successful candidates being responsible for providing programmes to enable people to move more and feel better in keeping with the Valley Leisure Ltd. mission and charitable aims.

Suitable candidates will possess the following:

- Level 2 Fitness Instructor qualification, preferably Exercise to Music
  - Level 3 Advanced Fitness Instructor qualification such as Older People, Exercise Referral, Otago Strength and Balance, Pilates, Yoga
- AND / OR;**
- Level 4 Advanced Specialist Fitness Instructor qualification such as Cardiac Rehabilitation, Postural Stability for Falls Prevention, Cancer Rehabilitation, Mental Health, Obesity and Diabetes, Low Back Pain, Exercise for Neurological Conditions
  - First Aid Certificate
  - Public Liability Insurance
  - HMRC Self-Assessment UTR (Unique Tax Reference) Number
  - Evidence of Continued Professional Development
  - Proven track record of delivering group exercise classes
  - Excellent interpersonal and communication skills
  - Own transport

For more information or to apply, please send a copy of your CV and a covering letter to;

Liz Murray, Community Health Development Manager  
Valley Leisure Ltd, 2<sup>nd</sup> Floor, 22-30 Bridge Street, Andover, Hants SP10 1BN  
[lmurray@valleyleisure.com](mailto:lmurray@valleyleisure.com)

**Closing date for applications:** Open