



Personal Trainer

The Opportunity

The Town of Grimsby is committed to building a future that welcomes innovative new ideas while protecting and preserving its distinct heritage. It is a place where leaders are committed to sustainability and honouring Grimsby's treasured natural setting. Grimsby has become a sought-after community where residents enjoy waterfront living, historic neighbourhoods, active living, and world class natural amenities. It is conveniently located in the Greater Toronto and Hamilton Area (GTHA) in a region that is home to Niagara wineries, agriculture, cuisine, and internationally recognized attractions.

The Portfolio

Reporting to the Fitness Coordinator and the Supervisor of Programs and Services, the Personal Trainer is responsible to plan, conduct and evaluate a personal training program for assigned clients through the Town of Grimsby fitness program.

The Candidate

The ideal candidate will hold a secondary school diploma and a nationally recognized Personal Training certification, along with Standard First Aid and CPR-C. Applicants will have a minimum of one (1) year of recent experience in fitness testing, exercise program design, and delivering programs to individuals of varying ages and fitness levels. The successful candidate will demonstrate enthusiasm, strong interpersonal and communication skills, sound judgment when addressing issues with staff and members, and the ability to recognize, manage, and educate others on potential risks.

Working for the Town of Grimsby

This part-time role offers up to twenty-four (24) hours per week, with several positions available. The Town of Grimsby offers candidates for this position an hourly wage of **\$31.58 per hour** (2026 Rate).

The Town supports the health and wellness of our employees; a commitment that is demonstrated through free access to Town recreation facilities for employees and flexible working arrangements.

How to Apply

If you are excited by this opportunity, we are excited to hear from you!

We invite you to submit your application to hr@grimsby.ca. Please quote the posting number in the subject line. A full job description can be found below.

Posting #: 11-2026

We thank all applicants for their interest, however only those selected for an interview will be contacted.

The Town of Grimsby is an equal opportunity employer committed to an inclusive, barrier-free recruitment and selection processes, and work environment. We will accommodate the needs of applicants under the Human Rights Code and Accessibility for Ontarians with Disabilities Act (AODA) throughout all stages of the recruitment process. Please contact the Office of Human Resources, hr@grimsby.ca if you need assistance.

Personal information collected will be used in accordance with the Municipal Freedom of Information and Protection of Privacy Act for the purpose of candidate selection.



JOB POSTING

Personal Trainer

Community Services Department

Duties and Responsibilities:

1. Active Personal Training (70%)

- 1.1 Physically demonstrate proper exercise form to avoid any injuries or contraindicated exercises
- 1.2 Observe clients and assure correct training methods, techniques, and postures
- 1.3 Conduct the personal training program at a level appropriate to the participants. Be able to adjust the sessions according to clientele needs
- 1.4 Practice and promote safety awareness at all times
- 1.5 Demonstrate safe use of all gym equipment and provide options on how to incorporate into exercise routines
- 1.6 Engage members by working to educate, stimulate, motivate, and promote adherence to a healthy lifestyle

2. Participant Assessment / Program Plan (20%)

- 2.1 Safely design and implement appropriate individual fitness programs for members. Create a detailed program plan utilizing sound fitness instruction techniques
- 2.2 Administer individual fitness assessments.
- 2.3 Interpret assessment results to clients and, based on evaluation and client's goals design a suitable program

3. Administration (5%)

- 3.1 Ensure that all fees are paid and information forms are completed
- 3.2 To inform participants at the beginning of every class that they should review the Par-Q form
- 3.3 Respond to any inquiries or concerns from participants and forward any pertinent information to the Fitness Coordinator
- 3.4 Promote the Town of Grimsby fitness program to participants and provide information where possible

4. Other (5%)

- 5.1 Works in a safe manner in accordance with the Occupational Health and Safety Act, associated regulations, other applicable legislation, Town by-laws, policies, procedures, and guidelines.
- 5.2 Other related duties, as assigned.

The successful candidate will possess the following:

Education

- Secondary school diploma.

License, Registration and Training

- Nationally recognized Personal Training Certification.
- Standard First Aid and CPR-C Certification
- Police Vulnerable Sector Check (Level 3) to the satisfaction of the Town.

Experience

- One (1) year of recent related experience in fitness testing, exercise program design, and teaching appropriate fitness programs to members of various ages and fitness levels.

Knowledge/Skills/Abilities

- Enthusiastic, great people and communication skills
- Demonstrate sound judgment in handling issues with staff and members
- Acknowledges and understands how to manage and educate others of risks

A combination of education, training, and experience may be considered.