



Job Opportunity

Date issued: February 6, 2020



We are looking for certified fitness instructors to lead fitness classes with us at the Moncton Lions Community Centre, this center is geared for 50+. Don't let that scare you as each and every one of them are amazing participants in all classes.

These classes are fun and full of energy, classes are always full.

We offer:

- ♥ Cardio fitness Aerobics—standard on the floor fitness class, cardio.
- ♥ Better Bones, which is a fitness class with weights, bands and balls.
- ♥ Chair Yoga
- ♥ Mat Yoga
- ♥ Yin Yoga
- ♥ Line Dancing
- ♥ Meditation Class
- ♥ Step Aerobics
- ♥ Tai Chi
- ♥ Zumba

Contact Monique Phinney at seniorscoordinator@bellaliant.com
Or call 1-506-859-8611.