



Fitness and Activity Instructors - Yoga

(Independent Contractor)

The Town of Cobourg is seeking a qualified **Yoga Instructor** to deliver specialty yoga classes to seniors and adults.

The ideal candidate is a motivated self-starter who enjoys working with people. They are customer focused and a great communicator who can inspire confidence and enjoyment in fitness. The incumbent is a team player who will support the Town of Cobourg's Recreation department in delivering safe, inclusive programs that support adults and seniors to keep active throughout the lifespan. Excellent customer service, communication, and organizational skills are required.

Responsibilities:

- Plan and facilitate yoga classes appropriate for the class-type (i.e., gentle yoga, chair yoga, etc.).
- Provide variations throughout each class to enhance the participation of all members, regardless of ability level.
- Deliver exceptional customer service to all participants.
- Provide feedback and new class ideas to Recreation Program Coordinator as appropriate.
- Reinforce messaging (within scope) to participants on the value of mobility and stretching.
- Perform set-up and tear-down of equipment utilized for classes.

Qualifications:

- Must possess RYT-200 credential, maintained in good standing with Yoga Alliance International
- Must have experience planning and instructing yoga classes in a group setting.
- Must possess the ability to establish and maintain effective working relationships with program participants, staff, and the public.
- Must be adaptable and able to deliver classes in a multi-purpose environment, such as a community center.
- Must be able to work independently.
- Must provide a Satisfactory Vulnerable Sector Check.
- Must possess a valid Standard First Aid Level A (including AED).
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- Must possess valid Standard First Aid Level A (including AED).

Working Conditions:

- This is an ongoing contract opportunity with an initial 12-month commitment, with the opportunity for annual renewal based on program needs and performance.
- Programs are offered in 8-10 week sessions through the year, including Winter, Spring, Summer, and Fall.
- The successful candidate will be expected to provide instruction on a consistent, year-round basis.

Wage: Compensation will be \$30 per class for approximately 50-minute instruction sessions, inclusive of setup and teardown time.

We're looking for people who have the skills and enthusiasm to be a great instructor.

Interested individuals should forward a PDF copy of their cover letter, resume, and information in confidence to HumanResources@cobourg.ca no later than July 16, 2026, at 4:00pm.

In accordance with the Municipal Freedom of Information and Protection Privacy Act, the information gathered is collected pursuant to the Municipal Act, 2001, as amended. The Town of Cobourg is an equal opportunity employer that is committed to inclusive, barrier-free recruitment and selection processes. If contacted for an employment opportunity, please advise Human Resources if you require accommodation.

*****Note these are independent contractors NOT Town of Cobourg Employees*****