

# From Soup to Tomatoes

## We are Hiring Part-Time Exercise Instructor

**From Soup to Tomatoes is a unique armchair-based exercise program that's helping real people achieve health and fitness goals they never thought possible**

### **Responsibilities**

- Create exercise sets for classes from already existing programs
  - Basic Class** - 45 minutes of mainly resistance training, with a little cardio for your heart
  - Gentle Class**- Strengthen and stretch using your own bodyweight or add a theraband
  - Yoga Class** - 30 relaxing minutes of simple, chair-based yoga movements, suitable for anyone
- Teach live classes Monday, Wednesday and Friday from 9:00 to 11:30

### **Qualifications**

- Fitness instructor certification
- Yoga instructor Certification
- CPR Certification
- One on one or group instructor experience
- Working with Senior population and asset
- Combination education and experience

### **Compensation**

- \$50.00/hr

**Sponsored by the Espanola and Area Family Health Team Diabetes Education Program**

To apply, please email your resume outlining your relevant experience to:

**[diabetesprogram@esphosp.on.ca](mailto:diabetesprogram@esphosp.on.ca)**

