



MACKAY GYMNASTICS INCORPORATED

Join Our Team as a Fitter for Life Coach!

Location: Mackay Gymnastics, Mackay, Queensland

Position Type: Casual 6-8 hours per week

About Us:

Mackay Gymnastics is a leading gymnastics club dedicated to fostering a positive and supportive environment for athletes of all ages and skill levels. Our mission is to promote physical fitness, personal growth, and a lifelong love of gymnastics. We are currently seeking a passionate and motivated Fitter 4 Life Coach to join our dynamic team.

Position Overview:

As a Fitter 4 Life Coach, you will play a vital role in developing and delivering engaging fitness programs tailored to participants with the average age of 70 plus. Your focus will be on promoting overall health, wellness, and fitness through fundamental movement, while encouraging a positive and inclusive atmosphere.

Key Responsibilities:

- Design and implement fitness programs that align with the Fitter 4 Life philosophy, focusing on strength, flexibility, endurance, and overall wellness.
- Provide coaching and support to participants of various ages and skill levels, ensuring a safe and positive training environment.
- Monitor and assess participants' progress, adapting programs as necessary to meet individual needs and goals.
- Foster a supportive community that encourages teamwork, respect, and personal growth among participants.
- Organise and participate in community outreach programs to promote our Fitter 4 Life Programs and healthy living.

Qualifications:

- Relevant coaching qualification or certification in fitness, gymnastics, or a related field preferred but not required, on the job training will be provided.
- Experience working with seniors in an instructional capacity.
- Strong communication and interpersonal skills, with the ability to motivate and inspire athletes.
- Knowledge of health and fitness principles, including strength training, conditioning, and injury prevention.
- First Aid and CPR certification (or willingness to obtain).

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www.mackaygymnastics.org.au



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Why Join Us?

- Be part of a passionate and dedicated team committed to making a positive impact on the lives of people of all ages and abilities.
- Opportunity for professional development and ongoing training.
- A supportive and inclusive work environment that values teamwork and collaboration.

How to Apply:

If you are enthusiastic about promoting health and fitness through fundamental movement and want to make a difference in the lives of seniors, we would love to hear from you! Please submit your resume and a cover letter outlining your relevant experience to doc@mackaygymnastics.org.au by 31 May 2025.

Mackay Gymnastics is an equal opportunity employer and encourages applications from individuals of all backgrounds and experiences.

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