Volunteer Role Description
Volunteer Job Title: Volunteer Gym & Group Fitness Coordinator

Fife House is an innovative, client-focused provider of secure and supportive affordable housing and services for people living with HIV/AIDS in the greater Toronto Area. Fife House currently had approximately 110 staff working across 6 locations.

Fife House understands that historically marginalized groups in our communities often encounter barriers to full access and participation. We, therefore, commit to actively dismantling all forms of racism and systemic oppression with GIPA/MIPA at the forefront. As a settler agency, Fife House stands in solidarity with Indigenous and Black Peoples across Turtle Island and recognizes the role we have in the work of reconciliation and healing.

Volunteer Title: Volunteer Gym & Group Fitness Coordinator
Department: Huntley
Location: Huntley House
Volunteer Days and Hours:

- 1.5hrs shifts weekly (Twice weekly)
- Flexible scheduling depending on volunteer and client availability

Commitment required: At least 6 months
Reports to: Huntley Programs Manager

Description of Volunteer Position:
The Volunteer Gym & Group Fitness Coordinator supports the Huntley Program by facilitating small group light fitness sessions and promoting safe, enjoyable physical activity among residents. This volunteer leads basic exercise routines in the gym area, encourages participation, and provides guidance to ensure residents use gym equipment safely and effectively. During each shift, the volunteer also acts as a gym attendant, maintaining a welcoming environment, assisting with proper equipment use, and helping residents engage in healthy and meaningful fitness practices suited to their abilities.

Duties and Responsibilities

- Facilitate small group light fitness sessions
- Monitor and ensure safe use of gym equipment
- Provide friendly guidance, motivation, and support to encourage healthy participation
- Maintain a clean, organized, and safe gym environment; report any equipment concerns

- Foster a positive, inclusive, and engaging atmosphere that promotes wellness and community

Skills and Qualifications required:

- Interest or background in fitness, recreation, or health and wellness
- Great interpersonal and communication skills to engage positively with residents
- Ability to demonstrate and explain basic exercise techniques safely and clearly
- Commitment to promoting a safe and supportive environment for all participants
- Friendly, patient, and encouraging attitude toward people of varying fitness levels

How to Apply:

Interested candidates should apply by completing the Online Volunteer Application Form, which can be found at https://www.fifehouse.org/volunteer-application-form.

For any questions, please email us at volunteer@fifehouse.org

Fife House is an equal opportunity organization that welcomes and serves members of all communities and backgrounds. We warmly serve and support members of all 2SLGBTQ+ communities, as well as First Nations, Inuit and Métis peoples. We also warmly welcome volunteers from these communities to join us in our work. We are dedicated to creating a diverse, inclusive, and respectful environment where everyone feels valued and supported.

In line with these values, Fife House is committed to upholding the principles of equity, diversity, and inclusion in both our living and work environments. We seek volunteers who will work respectfully and constructively with differences and across levels of power, helping us build a welcoming space for all.