



# GYM INSTRUCTOR

## Job Scope

To Provide Fitness Instructions and Give Assistance to Customers in Enhancing Their Physical Fitness @ Cewas NWSDB

## Candidate Profile

- Educational Qualifications in Fitness Above NVQ Level 4
- Minimum 1 Years of Experience in The Field
- Pleasant And Confident Personality
- Must-Have Technical Knowledge of The Gym Equipment & Machines
- Aerobics and the ability to conduct Zumba & Yoga Training will be an Added Advantage
- Communication Skills
- Strong Interpersonal Skills
- Should Be able to Provide Safe and Effective Training
- Communication English and ICT for fitness trainer
- Assess general health conditions and identification of health disorders
- Nutrition and weight management
- Design exercise prescription
- Additional qualifications related to fitness activities
- Extra Curricular activities

Monthly Salary of 25,000 LKR + Payments for Extra Hours

## Responsibilities

- ✓ Assist in Fitness Program Development (Fat Loss, Muscle Building)
- ✓ Educate on Equipment Usage
- ✓ Participate in Training and Development (General Fitness Training, Cardio & Core Training, Sport Specific Training)
- ✓ Injury Rehabilitation
- ✓ Customized Program for Different Body Types and Body Conditions
- ✓ Client Interaction and Support
- ✓ Nutrition Guidance
- ✓ Maintain Cleanliness and Order
- ✓ Wellness Assessments

## Working Hours

Morning  
6.00AM-9.00AM

Evening  
4.30PM-9.00PM

Bid Document Download Link: <https://shorturl.at/Ms6s7>

Fully Completed & Sealed Bid Document with technical proposal enclosed with the Curriculum Vitae (CV) and certified copies of educational, additional, and service letters to be submitted by registered post or hand delivered to,

Assistant General Manager (Tenders & Contracts),  
National Water Supply & Drainage Board, Galle Road, Ratmalana.

Application Deadline: 11/07/2024 Before 10.00 A.M

Chairman NWSDB