



# we are hiring

## Health & Well-being Instructor

Freedom leisure actively promotes healthy lifestyles, and our community facilities are the perfect place to achieve this.

We are seeking Health and Well-being Instructors to join our dynamic team in South Somerset. We are looking for someone who can support the Healthy Communities Team to provide a bespoke physical activity, health and well-being programme, which contributes to improving the health and well-being of local residents and making steps towards changing behaviour.

You will have a Level 3 gym instructor qualification and Exercise to Music or Level 3 Exercise Referral is desirable. You will have a clear understanding of the importance of physical activity and the role it plays in improving mental health and understand the barriers which prevent individuals from exercising. If you can work well in a team and inspire others with your passion and energy, we want to hear from you.

**Hours: 7 hrs a week, with additional hours possible.**

**Closing date: 31st January 2023**

**Salary: £9.50-£20.30 per hour, depending on activity.**

**Apply for the role at Chard: [apply.workable.com/freedom-leisure/j/192FE979A2/](https://apply.workable.com/freedom-leisure/j/192FE979A2/)**

**Apply for the role at Westlands: <https://apply.workable.com/j/10D88D0E65>**

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