

parkHIIT Volunteer Leader

What's involved?

Lead a 30 minute pre-set outdoor bodyweight workout on a weekend morning once a month (or more often if you wish)

Why volunteer?

Opportunity to meet and show off your skills to potential new clients in your local park. Plus you're supporting your local community!

What do I need?

REPs Ireland approved fitness qualification (minimum EQF3), public liability insurance and a positive attitude :-)

brian@parkhiit.com

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