

Job Title: Pilates Instructor

Job description

Job Summary

We are seeking a passionate and dedicated Pilates Instructor to join our fitness team. The ideal candidate will possess a strong understanding of body mechanics and physiology, enabling them to effectively teach Pilates techniques to individuals and groups. This role requires enthusiasm for fitness, excellent communication skills, and the ability to motivate clients of all fitness levels. The Pilates Instructor will play a crucial role in promoting wellness and helping clients achieve their fitness goals through tailored instruction.

Requirements

- Current full apparatus Pilates Certification* with 450 hours of experience or equivalent
- Experience teaching group classes
- Ability to demonstrate safe and effective group reformer instruction as well as private lessons
- Energetic, positive and motivational teaching style
- Capable of modifying classical exercises, as needed, toward a more contemporary approach to Pilates.
- Punctual, reliable and dedicated
- Desire to build a successful business in an entrepreneurial environment
- Focus on customer service, including professional and effective communication skills

* The JCC accepts certificates from most certifying agencies, but reserves the right to reject any certificate that upon investigation does not meet the rigorous standards put forth by the Pilates Method Alliance.

Responsibilities

- Providing Pilates group reformer classes following JCC standards.
- Instructing students and clients using proper form and safe methods on a variety of equipment including, but not limited to, Reformer, Springboard, Wunda Chair, Bosu, Fitball, etc. to ensure a safe, yet creative experience
- Conducting private, semi-private, demo or other additional sessions as needed
- Visually inspecting the equipment prior to each class to ensure it is in good working order and safe to use
- Maintaining a clean and orderly workout environment

Join our team as a Pilates Instructor and help others achieve their health goals while fostering a supportive community atmosphere!

Job Type: Part-time

Expected hours: 1 – 3 per week

Benefits:

- Employee discount
- Flexible schedule
- Gym membership
- On-site gym
- Paid time off

Schedule:

- Day shift
- Evening shift
- Monday to Friday
- Morning shift
- Weekends as needed

Supplemental Pay:

- Commission pay

Work Location: In person

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