

Group Fitness Instructor (HIIT, Strength & Cardio Boxing)

Hourly: \$25 - \$30 per hour

Location: Albuquerque, New Mexico

Employer: JCC of Greater Albuquerque

Type: Part Time

General Description

Position Overview:

We are seeking a high-energy, versatile Group Fitness Instructor to design and lead dynamic HIIT, strength training, and cardio boxing classes. You will inspire participants of all fitness levels to reach their goals in a safe, motivating, and community-driven environment.

Core Responsibilities

- **Class Design & Instruction:** Plan and execute engaging, periodized workouts across HIIT, strength, and cardio boxing formats.
- **Technical Guidance:** Teach proper striking technique (punches, kicks, footwork) and correct lifting form to ensure maximum safety.
- **Modifications:** Provide immediate progressions and regressions so workouts remain accessible yet challenging for all participants.
- **Vibe & Performance:** Choose high-tempo playlists and use microphone equipment effectively to maintain high energy and momentum.
- **Member Engagement:** Welcome members by name, build community, and follow up with participants post-class to track progress.
- **Safety & Upkeep:** Ensure boxing gloves, pads, weights, and studio spaces are sanitized and organized before and after each session.

Qualifications & Requirements

- **Primary Certification:** Nationally accredited Group Fitness Certification (e.g., ACE, NASM, AFAA).
- **Specialized Training:** Specialty certification or verifiable experience in boxing/kickboxing fitness and functional strength training. (NOT REQUIRED)
- **Emergency Preparedness:** Active CPR/AED
- **Physical Stamina:** Ability to fully demonstrate athletic movement, lift up to 50 lbs, and command a room during high-intensity formats.

Employer Information



The JCC of Greater Albuquerque, founded in 2000, is a non-profit organization, open to all regardless of religious affiliation, whose mission is “to enrich our community by practicing the values of Jewish life.”

The JCC has modern fitness and athletic facilities, outdoor aquatics center, early childhood education center, and day-school on its 10-acre campus. The JCC runs a wide variety of community, educational, recreational and social service programs that serve people of all ages

Learn more about the JCC and its outstanding programs at www.jccabq.org