



## **Job Description**

**Title:** Pilates Instructor (Part Time)

**Reports to:** Megan Eckenrode, Owner/Founder of Athena Warrior Fitness

## **Our Story**

We are a cutting edge functional movement boutique studio bringing big city ideas and innovation to the heart of South Central Pennsylvania. Our studio is dedicated to Corrective Exercise in order to empower our clients to take control of their health and change their lives by helping them feel good, move effortlessly, and get strong. We are dedicated to the growth and well being of all instructors in our practice in order to maintain a strong career/life balance.

If you are someone who is a high performing, highly motivated, and highly inspiring person who is passionate about teaching movement we are excited to discuss career opportunities with you.

## **Summary of Position**

Seeking a highly motivated Certified Pilates Instructor to join a growing functional training studio located in historic Downtown Carlisle, Pennsylvania. The ideal candidate will have a passion for Pilates and helping others improve their lives through health and fitness. Our studio has a very valued focus on corrective exercises and we are looking for instructors with confidence in working with all level of clients to provide challenging, fitness-based Pilates private sessions utilizing apparatus' as well as mat classes in a safe manner. Athena Warrior Fitness offers blocked scheduling and shifts, and the ability to teach multiple levels. Bonus incentives for continued growth of the practice are available in addition to discounts on studio classes, individual training, and apparel. This position is part time and will fall under employee status (not independent contractor) with no health benefits but plenty of room for growth within the company.

## **Job Duties**

Athena Warrior Fitness pilates instructor job duties include and are not limited to the following:

- Conduct 45 minute individual, duet, and small group private pilates sessions utilizing the Cadillac Reformer, Chair, and several other props.
- Conduct 45 minute small group classes for mat and barre (6 client max)
- Record a breakdown of client sessions with exercises covered and aid in maintaining client files
- Assist in marketing, advertising, and sales on behalf of the studio
- Teach and provide clientele informational resources on what to work on outside of the studio to strengthen and lengthen
- Be motivational, inspiring, and patient with each client and other trainers/staff
- Check equipment and update the maintenance log
- Check in clientele and sell training packages using the MindBody software
- Provide emergency first aid if needed

## **Job Responsibilities**

Pilates Instructors at Athena Warrior Fitness will be responsible for designing and administering routines and sessions. Each instructor will be held to the highest of standards in providing appropriate exercises and feedback for each client on an individual basis. It is the responsibility of the instructor to ensure the safety of the client by providing correct and quality feedback with patience in teaching. It is also the responsibility of the instructor to provide the client with materials to help him/her continue their practice with homework. It is also imperative that the instructor acts within the moral code and ethics of the Pilates Method Alliance.

## **Qualifications**

- Must be 18 years of age or older
- Current full apparatus certification with at least 450 hours of apprenticeship
- Experience teaching mat classes
- Energetic, positive, fun, and motivational teaching style
- Capable of using a modern approach to make adjustments to exercises when necessary
- Punctual, reliable, responsible, and dedicated
- Desire to build a successful business in order to grow the pilates portion of the functional training studio
- Professional and effective communication skills

## **Education and Experience**

Provide verification of Pilates teacher training proficiency using as a basis, 450 hours of training on mat and all apparatus minimally to include: Reformer, Trapeze Table, Wunda Chair, Ladder, Barrel, Spine Corrector, and the Magic Circle

Pilates Method Alliance Certification Preferred

College Degree Preferred

Current AED, First Aid, and CPR certification

Current Pennsylvania Child Abuse History Clearance

Current Pennsylvania State Police Criminal Record Check

Current Federal Bureau of Investigation Criminal Background Check

## **Important Qualities**

***Listening skills:*** Must be able to listen carefully to what clients tell them to determine the client's fitness levels and desired fitness goals.

***Motivational skills:*** Getting fit and staying fit takes a lot of work for many clients. To keep clients coming back for more classes or to continue training, instructors must keep their clients motivated.

***Physical fitness:*** Fitness trainers and instructors need to be physically fit as their job requires a considerable amount of exercise. Group instructors often participate in classes, and personal trainers often need to show exercises to their clients.

***Problem-solving skills:*** Fitness trainers and instructors must evaluate each client's level of fitness and create an appropriate fitness plan to meet the client's individual needs.

***Speaking skills:*** Fitness trainers and instructors must be able to communicate well because they need to be able to explain exercises and movements to clients, as well as motivate them verbally during exercises.

## **Compensation & Benefits**

Hourly rate for instruction with potential increase in pay based upon experience

Opportunities for bonus incentives for new clientele, client retention, and referrals

Discounts on classes, apparel, nutrition programs, and individual training sessions

Opportunities for administrative growth within the company

No health benefits