

Active Learning

Fitness Teachers (Yoga, Fitness)

Compensation: \$30-\$40 per hour

Benefits: Flexible Schedule

Hours: 3-5 hours per week



ACTIVE LEARNING

SUMMARY

Fitness teachers are highly motivated and passionate about fitness and young students.. The ideal candidate will have experience working with children and teens .If you are a motivated Fitness Instructor with a passion for helping others achieve their fitness goals, we invite you to apply for this exciting opportunity to be part of our team. We are seeking a dynamic Fitness Instructor to join our fitness team. The ideal candidate will have a passion for fitness and educating others on the benefits of this practice. If you have experience in yoga, group fitness, or program design, we encourage you to apply.

ESSENTIAL FUNCTIONS

- Lead group fitness classes focusing on Pilates, Yoga, and general fitness techniques.
- Incorporate premium skills such as kickboxing and physiology knowledge into class programming.
- Design and implement fitness programs tailored to the needs and goals of participants.
- Utilize anatomy knowledge and body mechanics to ensure safe and effective workout routines.
- Provide personalized attention and guidance to students during personal training sessions.
- Promote a positive and inclusive fitness environment for all participants.
- Stay current on industry trends and best practices in fitness instruction.
- Maintain CPR certification to ensure the safety of all class participants.
- Be very outgoing and able to motivate children to perform fitness tasks
- Be able to plan for and implement fun fitness classes
- Have good classroom management skills. The majority of the class is keeping students motivated and on task.
- Conduct fitness, yoga and pilates classes for individuals and groups
- Educate students on proper body mechanics and form during exercises
- Lead various fitness classes such as yoga, kickboxing, H.I.T., bootcamp and more

KNOWLEDGE, SKILLS, ABILITIES AND REQUIREMENTS

- Patient, empathetic, and encouraging demeanor to motivate and inspire students.
- Adaptability and flexibility to tailor tutoring sessions to meet diverse student needs and learning styles.
- A good knowledge of safety principles and practices.
- High school diploma or equivalent.
- Experience working with children in a sports or recreational setting.
- Strong communication and interpersonal skills.
- Ability to lead and motivate children.
- Knowledge of sports rules and regulations.
- CPR and First Aid certification preferred.
- Excellent time management skills and ability to prioritize work.
- Ability to be flexible and adapt as needed between in-person work environments.
- Self-directed and able to work independently
- Excellent multitasking and organizational skills
- Proficiency in teaching group fitness classes
- Knowledge of body mechanics and anatomy
- Experience in program design for diverse clientele
- Familiarity with safety protocols in group exercise
- Additional certifications in yoga or kickboxing are a plus
- Must pass a background check.
- TB test clearance to be renewed every 4 years.