

FIT4MOM Baltimore City

Job Description- Stroller Strides® Instructor

Position Available:	Stroller Strides® Instructor
Start Date:	Immediately/Upon certification
Time Commitment:	1-3 classes per week, Monday/Tuesday, Friday, and/or Saturday at 9am
Contract Commitment:	12 months, minimum
Locations:	Riverside Park, Federal Hill Park, or Science Center

General Description: Stroller Strides® is a stroller-based fitness program designed for moms with little ones. Each 60-minute, total body workout incorporates power walking, strength, toning, songs and activities. FIT4MOM Baltimore City is seeking an instructor to lead workouts 1-3 mornings per week in South Baltimore neighborhoods. An instructor may bring her own children to class as long as they remain in the stroller until class is over.

Position Responsibilities:

- Plan and lead classes as detailed in FIT4MOM Foundations Course and Stroller Strides® Format Certification
- Exhibit enthusiasm for community, health, and wellness
- Lead with love, positivity, inclusivity, and authenticity
- Provide positive feedback and encouragement to all levels of participants
- Acquire/maintain necessary fitness instructor certifications, CPR/First Aid certification, and liability insurance

Necessary Qualifications:

- A background in group fitness as a participant or trainer; current certifications are not a requirement but must be acquired before hire
- Excellent form (we have no mirrors in our class - YOU are the mirror for our participants)
- An energetic, motivated, and social personality
- Strong multitasking skills: able to adapt to a constantly changing environment, instruct clients at varying fitness levels, and entertain children in strollers
- Familiarity with the needs of babies and young children, as well as the physical and emotional needs of pregnant and postpartum mothers
- Availability during 9am class times
- Reliable transportation

Benefits

- No childcare needed
- Flexible schedule
- Rewarding career
- Discounted FIT4MOM Retail
- Opportunities to connect with FIT4MOM instructors nationwide
- Opportunities for virtual and in person professional development
- FIT4MOM & SoBo Play Space Memberships