

Body Back Instructor

Position Description:

Instructors at FIT4MOM Olympia are so many things; teachers, motivators, leaders and encouragers to name a few. Instructors lead group classes, small group sessions or private sessions on behalf of FIT4MOM Olympia. As an Instructor, you make a difference in the lives of women and children in the community. FIT4MOM Olympia offers family friendly work schedules and competitive pay for group fitness classes.

Key Responsibilities:

- Create fun and safe workouts suitable for all fitness levels and stages of motherhood
- Leads classes and/or sessions in a professional manner
- Manages FIT4MOM Olympia equipment
- Sells memberships and/or passes for FIT4MOM Olympia

Qualifications:

- Enthusiasm for FIT4MOM, our fitness programs, and class culture
- Willingness and ability to become certified through FIT4MOM's training programs to teach class in the approved format while leading fresh and varied workouts
- Working knowledge of anatomy, kinesiology and physical fitness training methods
- Ability to self-market, promote classes, & attract and retain clients
- Physically fit to instruct high-energy, motivating classes
- Exceptional customer service while representing the program
- Ability to provide positive feedback and encouragement to all fitness levels
- Availability, flexibility and dependability
- Self-starter with creative ideas for class locations, partnerships, programs, outreach, etc.
- Willingness to teach FIT4MOM classes Olympia, Tumwater areas
- Passion for fitness and motherhood
- Energetic, encouraging and motivational

Certifications/Requirements:

- Completion of FIT4MOM fitness training and certification program
- Completion of live practice class(es) observed by owner
- Adult CPR certification (in-person course)
- First Aid training (in-person course)
- Continuing Education Credits for each program annually