

Stroller Strides/Barre 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. You bring your child(ren) with you to work or teach class while they are at school. 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, including prenatal and postnatal mothers
- 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 in Olympia & Tumwater
- 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, child, & infant CPR certification (in-person course)
- First Aid training (in-person course)
- Appropriate Liability Insurance to cover you as an instructor
- Continuing Education Credits for each program annually