Group Fitness Instructor

**Job Types: Sessional/Ad Hoc classes and weekly scheduled classes**

**The flexibility of scheduled class times may change due to business requirements**

We are looking for an energetic, motivating and knowledgeable Group Sessional Fitness Instructor to join our **friendly team**. Fitness trainers play a fundamental role within the team and company culture as they lead our classes, working closely with programme users to provide the ultimate Healthiness experience.

The ideal candidate has a passion for health and fitness, has mastered the skills of exercise, motivation and multi-tasking, and brings contagious energy and fun to their classes.

**Responsibilities:**

* Delivery of service user-specific exercise classes
* Delivery of service user-specific exercise education classes
* Development of exercise classes and education resources for delivery
* Ensure appropriate delivery and practice in line with REP’s guidance
* Effective collection of registers and monies to be taken to main office
* Collaborate with Healthiness Manager and team on daily, weekly basis
* Ensure that all members receive appropriate attention during class, performing exercises safely and correctly while keeping them motivated and encouraged
* Perform and demonstrate all exercises in class with modifications as required
* Maintain an organised, energetic and fun class

**Experience & Skills:**

**Essential**

* Current Level 3 certification from an accredited fitness training provider
* Group Fitness Instructor and/or Personal Trainer qualification
* 3+ years of group exercise instruction
* Ability to prioritise and meet goals in a fast-paced environment
* A passion for all things health & fitness, specifically for the older adult population
* Ability to work flexible hours

**Preferred**

* Chair-based Fitness qualification is advised
* Level 3 Exercise Referral Qualification
* Level 3 Older Adults and Exercise qualification
* Level 4 Postural Stability Instructor

**Rate of Pay:**

* Your pay will be at a fixed rate of £15.00 - £20.00 per 1 hour session depending on class and experience.
* Travel expenses between classes will be paid at 0.45p per mile
* Travel time between classes will be paid at 50% rate