

Job Description - Fitness Instructor

Who are you? Are you a **Cycle or Fitness Instructor** with a **burning passion for holistic health and wellness** and looking to put down roots in an environment where you can *learn and grow both professionally and personally*? Are you looking for a position in an environment where you have the opportunity each day to serve, encourage, and collaborate with people who are on their journey to wellness? Are you someone who is **energetic and community-oriented**? Do you want to work in a **fun, inspiring, and fast-paced environment**?

If this is you, we invite you to apply to join our team as a Fitness Instructor!

Who are we? Release Well-Being Center, a state-of-the-art spa and holistic wellness center in Westborough, MA. Our total wellness offerings include yoga, fitness, meditation, spa, wellness education, coaching, and nourishing food. We are looking for qualified applicants to join our team of mindful experts. In addition to the hourly wage, access to all our yoga, fitness, and meditation classes is included in the compensation package.

Requirements:

- Must be flexible with the work hours on weekdays (evenings) and weekends.
- Ability to effectively & mindfully train up to 20 clients/hour in a small group setting, tailoring workouts to each member AND/OR teach classes such as Small Group Personal Training, Barre, Cycling, and boot camp. Other mindful fitness class ideas are welcome!
- Able to utilize live-streaming software
- Ability to provide a quality offering and attention to in-person students as well as virtual students.
- Passion for health/fitness and helping others.
- Positive and motivating attitude.
- Provide exceptional customer service.
- Maintain a safe and clean environment.
- Ensure that confidentiality is maintained at all times in with member, participant, and staff information and records.
- Represent Release to members and the community in a professional and positive manner.
- Other duties as assigned.

Qualifications

- Current accredited certification
- Degree in exercise physiology or another health-related field preferred

Required education:

High school or equivalent

Required experience:

3 years

Job Type: Part-time

Salary: From \$20.00 per hour

Benefits:

Employee discount

License/Certification:

Group fitness/trainer certification (Required)

Work Location: One location