



Cherry Creek Athletic Club

Pilates Instructor

Job Description

Reports to: Pilates Coordinator

Summary

The Pilates Instructor is responsible to deliver to their clients both individual and group instruction designed to meet the fitness goals of their clients using the exercise principles of Joseph Pilates.

Skills and Responsibilities

1. Ensures a safe and structured Pilates private session or class format.
2. Promotes the benefits of individual and group Pilates instruction with the intent of building a Pilates client base.
3. Achieves weekly and monthly gross revenue goals as directed by the Pilates Coordinator.
4. Begins and ends Pilates class as scheduled.
5. Provides as needed individual time before and after Pilates classes to ensure that clients' needs are met.
6. Works with small groups of clients while also able to focus on individuals.
7. Consistently promotes club special events or activities as directed by the Pilates Coordinator before and after classes.
8. Adheres to club policies and procedures.
9. Follows the Pilates class substitution procedures.
10. Attends regularly scheduled Pilates meetings and participates in all educational activities as directed by the Pilates Coordinator.
11. Reads all club correspondence that is placed in their communication file.

Characteristics

- Energetic, enthusiastic, and motivational with individuals and small groups
- Exhibits exceptional movement and interpersonal skills
- Excellent physical condition, professional manner, and appearance.
- Excellent verbal skills

Qualifications

- Basic knowledge of human anatomy and physiology
- College Degree in Exercise Science or equivalent experience
- Certified by a nationally recognized Pilates instructional program.