



# KAPLEN JCC on the Palisades

## Job Description

<b>JOB TITLE:</b>	Pilates Reformer Instructor
<b>SUPERVISOR:</b>	Group Exercise Director
<b>COMPENSATION:</b>	Part-Time; Commission Discounts off Program Services Membership

The Kaplen JCC on the Palisades is seeking a certified, knowledgeable, charismatic, and highly motivated and Pilates instructor (instructor) to join our fitness family. Under the direct supervision of the Group Exercise Director, the instructors will create custom sessions and programs for clients to help meet individual goals. Instructors have access to our private and group training studios to conduct sessions with members. Studios feature multiple apparatus such as Cadillac, chairs, barrel, reformers and more.

### Qualifications

- Current Pilates Reformer certification from NCPT (PMA)
- Extensive knowledge of all Pilates apparatus
- Current CPR, First Aid, AED certification
- A good knowledge of exercise techniques, body mechanics, and kinesiology
- Practical experience in one-on-one and small group training; ideally, at least 1-2 years in a studio setting

### Essential Duties and Responsibilities

- Motivate and encourage all members in and around the fitness centers and Pilates studios; maintain a high level of customer service
- Design and instruct workouts for a variety of fitness levels; maintain proper documentation of exercise progression/modification
- Explain and demonstrate proper exercise form safely correct member's form as needed
- Modify and/or progress the exercise based on the needs of the member/group
- Take a proactive approach to member retention by developing solid relationships and serving members above and beyond expectations
- Build a client roster and maintain good member relations through promotion of Pilates training, small group training, and/or special events/promotions
- Maintain the cleanliness and proper working order of the Pilates studios and equipment
- Attend team meetings and professional development opportunities as scheduled
- Always represent the Kaplen JCC on the Palisades in a positive and professional manner

### Work Environment & Physical Demands

The work environment at the JCC is fast paced with everyday being different from the next. The JCC's membership is made of a diverse population with varying needs. Instructors must be able to work with people from different backgrounds, abilities, and opinions. Instructors must be able to safely lift/move 45lbs. All employees have frequent interactions with cleaning products including, but not limited to disinfectant wipes and spray, and wear PPE as directed under COVID guidelines.

**This job description is not intended to be all-inclusive, and incumbent will also perform other reasonably related business duties as assigned by supervisor or other management as required. The JCC reserves the right to revise or change job duties as the need arises. This job description does not constitute a written or implied contract of employment.**

*It is the policy of this institution to provide equal employment opportunity to all employees and applicants for employment without regard to race, color, religion, gender, sexual orientation, marital status, national origin, age, handicap, veteran status or status within any other protected group.*