

Monday, August 5, 2013

## Fitness Instructor Wanted for AM Strength Training Classes

Michelle Mason Michelle@UpliftStudios.com

► [Share](#) | [Print](#) | [Download](#)

Uplift Studios, a women-only boutique fitness studio, is seeking female instructors for our signature Uplifting Strength class. The class is primarily a sculpting class with weights that includes some tabata training, so it's a total-body strength + cardio class. All intervals are timed, so experience working with a timer is a plus.

\*\*\*MUST HAVE EARLY MORNING AVAILABILITY - we are seeking an instructor for 6:30 & 7:30 am on Fridays.\*\*\*

Personal training and/or group fitness experience and certifications preferred. Please see our website for more information on the studio, and our class description. [www.upliftstudios.com](http://www.upliftstudios.com)

Michelle Mason Michelle@UpliftStudios.com

[< back](#)

[previous listing](#) • [next listing](#)