

Friday, June 29, 2018

HIIT Instructor

Company: HIITBOX
Location: Brooklyn, NY

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Let our gym be your stage!!

HIIT BOX is seeking experienced, energetic group fitness instructors to join our team in Brooklyn. We are looking for team players with a positive, vibrant, energetic presence and a solid background in both group fitness and private training. Please be professional, prompt, reliable and, most importantly have a very strong HIIT knowledge base. We are a small studio that packs a big punch and delivers a huge workout in an intimate setting, and we're hoping you're a great fit!

Requirements Include:

Must be certified (ACE, NASM, AFAA, TRX etc.) and have a solid background in HIIT. Also have experience in circuit-based fitness classes and while our classes are Inter/Advanced level you should be able to work with all fitness levels.

We develop bespoke lesson plans and our clients expect creative, dynamic workouts. Please be experienced in functional moves and Metabolic Conditioning as well as finely tuned intervals and active recovery.

A solid knowledge of the following fitness tools is a must:

Sandbells, kettlebells, ViPR, Plyo work, Dynamic moves, Slamwork, WEK method or sledgehammer, Battle Ropes, Sleds and Rowing experience (if you would like to be considered for the HIIT & ROW classes - WaterRower is a bonus). Also be familiar and creative with AMRAP's, MxM, TABATA and Stacked workouts. And have killer playlists.

Accessible to Gowanus/ Park Slope neighborhood of Brooklyn. It is absolutely necessary to have reliable transportation and great time management skills. Being on time is a MUST. (Studio is right off the Union St R train.)

A Social Media following or presence is a big plus as we love to feature our coaches and have them take over our stories. Please let us know your handle so we can check you out! And check us out @bkhiitbox

We take fitness very seriously but also believe it should be fun - so responsible, experienced, team players will thrive in our environment. We will be holding our first round of casting Friday August 3rd from 2 until 5:00pm. You will need to prepare a 5 minute HIIT workout for us as well as be prepared to tell us about yourselves and why you want to teach group fitness and where you see yourself in 5 years. Please submit a resume and headshot if this position sounds like a fit for you and you can make the casting. For more info on the gym go to: www.bkhiitbox.com

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