

Monday, March 18, 2019

Coach / Group Fitness Instructor (NoMad + SoHo + Williamsburg) @ [solidcore]

Company: Talent Hack

Location: New York, ny

Compensation: Commensurate with experience.

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Pilates intensified, bootcamp redefined, [solidcore] is unlike any other workout out there. You can expect a full body, 50 minute, high energy, low impact session using slow and controlled movements on our resistance-based machine. Classes are intense and purposefully sequenced to work your muscles to [failure]. With hundreds of moves stemming from planks, lunges, and squats – as well as many different resistance options – every class is different. Your body and mind will be challenged each and every time, and your [solidcore] Coach will motivate and support you as you create the strongest version of yourself. The lights are low, the music is on point, and the community is [inspiring]. 60,150 abs and counting, 33 studios and growing.

We have a diverse team of individuals united by their passion for fitness and community. Do you have what it takes to be our next Coach?

Responsibilities and duties include, but are not limited to: be available to coach a minimum of six classes per week, participate in team meetings and events, learn new techniques and best practices from training and management staff, interact and form relationships with clients and the fitness community, embody the [solidcore] brand and culture.

Training consists of five weeks of in-studio facilitated learning and application lead by a member of our master training team. Coaches will learn to become an expert in the [solidcore] method and how to motivate, inspire, and push clients.

Talent Hack
115 E 15th St
New York, ny, 10010
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For more information:
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