

Wednesday, April 3, 2019

## Seeking Certified Pilates Instructor (ParkSlope)

Company: BodyTonic Pilates Gymnasium  
Location: BROOKLYN, New York  
Compensation: Competitive

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



BodyTonic is looking for a Certified Instructor

BodyTonic Pilates Gymnasium was established in 1999 by Jennifer DeLuca. Over the past 18 years, Jennifer has grown BodyTonic into a vibrant community of pilates teachers and practitioners focused on improving health and wellbeing. BodyTonic continues to impact the lives of thousands of people in Brooklyn and around the country.

### Certified Instructor

At BodyTonic we look for teachers who are dedicated to the teaching of Joseph H. Pilates on a technical and spiritual level. We expect teachers to have an intimate understanding of Pilates exercises as well as a working knowledge of the progressions from easier to more challenging exercises. For the spiritual aspect, we seek to convey Mr. Pilates' love of movement, deep experience of the breath, and a sense of empowerment. We seek to bring our clients the exercises as well as the reasoning behind them. Teachers are expected to be prompt, to teach clients in a way that promotes their self-sufficiency, to seek help or clarification from more Senior Teachers, and to expect helpful feedback from them. Part of the duties of a Certified Instructor is to mentor apprentices in the midst of our training program and to teach Beginner Equipment workshops to our clients who cannot perhaps afford private training but wish to get the full experience of the Pilates Apparatus. Certified Instructors dive deep into Joe's teaching, through self-practice, writing, reading, continuing education, mentoring others, and teaching the classical and archival work so that they can internalize it.

### Qualifications

500 hour certification on all major apparatus (Reformer, cadillac, chairs, barrels) from a program linked to the Joseph Pilates lineage.

Should be familiar with the MindBody software, or should be willing to get training on their own time.

Should have one year teaching experience and provide references.

Demonstrate an interest in expanding their understanding of Pilates

Should be able to work well with others and communicate with colleagues and administration to ensure an excellent client experience.

Should be available to occasionally sub shifts.

We are currently seeking teachers for the following shifts:

Sunday (4-8pm), Thursday (4-9). There may be opportunities for other shifts and occasional subbing.

BodyTonic offers opportunities for Advancement based on experience and continuing education.

Interested parties should email us at [office@body-tonic.com](mailto:office@body-tonic.com), for more a more detailed job description. Please include a cover letter and

resume. Only applications that meet the qualifications and contain cover letters will be reviewed.

---

BodyTonic Pilates Gymnasium  
150 5th Ave  
BROOKLYN, New York, 11217  
7186226222  
[body-tonic.com](http://body-tonic.com)

For more information:  
Merav Cidor  
[office@body-tonic.com](mailto:office@body-tonic.com)  
7186226222

---

[< back](#)

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