

Thursday, August 28, 2025

**GYROTONIC Instructor**

Company: Mind Your Body  
 Location: New York, NY  
 Compensation: \$40 +

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Mind Your Body Pilates & GYROTONIC is hiring an instructor. We are dedicated to continue offering Gyro privately and as Duets in our boutique format. Our studio offers the Expansion System and Jump Stretch Board and the use of Mat, props and open space. MYB studios is a thriving Pilates studio but the Gyrotonic offerings is an integral part of our 30-year history and we are looking for that special instructor to cover our current who is moving back to her home country. We look forward to meeting you!!

The best candidate is someone who can work independently with the support of our strong team! Ideally, we would like to hire one instructor to work 3 - 4 shifts to include Saturdays.

Please send your resume and a cover letter to the email listed.

Mind Your Body  
 1370 Lexington Avenue Mind Your Body  
 New York, NY, 10128  
 9177764796  
[www.mindyourbodyfitness.com](http://www.mindyourbodyfitness.com)

For more information:  
 Gail Giovannello  
[gail@mindyourbodyfitness.com](mailto:gail@mindyourbodyfitness.com)  
 917-776-4796

[< back](#)

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