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## Seeking Group Fitness Trainers! MegaFormer Workout- Brooklyn Bodyburn!

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Brooklyn Bodyburn, a Lagree Fitness studio which offers the revolutionary MegaFormer™based workout, is looking for talented instructors to take part in their training program!

Lagree Fitness is a workout technique that fuses together elements of pilates, cardio and strength training. The "pilates on crack" workout method is a favorite among West Coast fitness enthusiasts. The MegaFormer workout is unique in that it trains the WHOLE body by providing infinitely more exercise options than a traditional reformer and constant resistance through its system of springs and pulleys. Our classes are intense and designed to fatigue all muscle groups by providing non-stop movement and zero periods of rest for the full 50-minutes.

Each class is 50-minutes long with a maximum of 10 people per class. We keep the energy up with fun playlists and constant encouragement!

Instructors do not workout with the clients and all classes are taught on a mic.

We are currently searching for high energy/ high intensity trainers who would be interested in learning more about the technique and participating in the training as we begin to expand throughout Brooklyn.

You can learn more about the studio and workout on our website at:

[www.brooklynbodyburn.com](http://www.brooklynbodyburn.com)

Applicants must possess the following:

- 1+ Years of group class training experience
- Lots of energy!
- Experience teaching fast paced high-intensity classes.
- Experience teaching on a microphone
- Team Player
- Professional experience and etiquette
- Proficient in MindBody program a plus!

If you possess all of the above and are interested in learning more about this technique and getting trained, please send us a cover letter with a brief summary of your fitness background/ experience!

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Thank you!

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