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Fitness Instructor Wanted for AM Strength Training Classes

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Uplift Studios, a women-only boutique fitness studio, is seeking female instructors for our signature Uplifting Strength class. The class is primarily a sculpting class with weights that includes some tabata training, so it's a total-body strength + cardio class. All intervals are timed, so experience working with a timer is a plus.

MUST HAVE EARLY MORNING AVAILABILITY - we are seeking an instructor for 6:30 & 7:30 am on Fridays.

Personal training and/or group fitness experience and certifications preferred. Please see our website for more information on the studio, and our class description. www.upliftstudios.com

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