

Tuesday, March 5, 2019

Pre/Postnatal Fitness Instructor

Company: Talent Hack
Location: New York, ny
Compensation: Industry Competitive

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<https://beta.thetalenthack.com/jobs/pre-postnatal-fitness-instructor>

At FPC we pride ourselves in being at the forefront of perinatal fitness. All our classes have been developed using the most current, science based research. We offer small classes for optimal attention and a range of modifications to meet all fitness levels. Our instructors are trained with up to date pre and post natal certifications to lead women through pregnancy & postpartum while minimizing aches pains & fears. Our classes are 45 min filled with fun music, low impact, high intensity, full body strengthening, toning and stretching.

Responsibilities & Skills:

Teach an energetic and challenging class every time
Ensure each class is safe varied
Arrive on time to personally check in with clients and learn about any limitations or injuries
Answer client questions regarding modifications and technique
Ability and desire to build client relationships through outstanding customer service
Enthusiasm, confidence and positivity
Open to receiving feedback while having the mindset to continuously learn
Strong musicality with the ability to keep rhythm and count to the beat of music
Available for at least 3 days a week and flexibility in schedule

Talent Hack
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For more information:
Talent Hack
hello@thetalenthack.com

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