

Tuesday, April 9, 2019

## Solid Core: Pilates Instructor

Company: Talent Hack  
Location: New York, NY

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### Description:

Pilates intensified, bootcamp redefined, [solidcore] is unlike any other workout out there. You can expect a full body, 50 minute, high energy, low impact session using slow and controlled movements on our resistance-based machine. Classes are intense and purposefully sequenced to work your muscles to [failure]. With hundreds of moves stemming from planks, lunges, and squats – as well as many different resistance options – every class is different. Your body and mind will be challenged each and every time, and your [solidcore] Coach will motivate and support you as you create the strongest version of yourself. The lights are low, the music is on point, and the community is [inspiring]. 60,150 abs and counting, 33 studios and growing.

We have a diverse team of individuals united by their passion for fitness and community. Do you have what it takes to be our next Coach?

Responsibilities and duties include, but are not limited to: be available to coach a minimum of six classes per week, participate in team meetings and events, learn new techniques and best practices from training and management staff, interact and form relationships with clients and the fitness community, embody the [solidcore] brand and culture.

Training consists of five weeks of in-studio facilitated learning and application lead by a member of our master training team. Coaches will learn to become an expert in the [solidcore] method and how to motivate, inspire, and push clients.

### Qualifications:

Optimistic and hardworking individual with a love for health, fitness, and the [solidcore] workout  
Passionate about helping others become the strongest version of themselves and achieve their goals  
Ability to thrive in a fast-paced, entrepreneurial environment  
Previous fitness teaching experience or current [solidcore] client who has taken 50+ classes  
Outgoing and personable with a desire to build relationships within and outside the [solidcore] community  
Team player with a positive attitude  
Genuine desire to inspire and motivate others  
Reliable and professional  
Comfortable on a mic leading a fast-paced class with loud music and lots of energy in the room

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