

Tuesday, August 24, 2021

Personal Trainer for Dance Based Fitness Method

Company: Body Conceptions by Mahri

Location: New York, NY

Compensation: \$60+ per hour

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Corey Rives

Description

At Body Conceptions by Mahri our mission is to support women on their fitness journey through every stage of life, including the delicate times of fertility, pregnancy, postnatal recovery, and menopause. We specialize in both in-home private training throughout NYC, the Hamptons and Denver, as well as virtual private training with clients all over the country via Zoom. Our method is based in principles of dance, pilates, and barre, creating a full body workout that involves bodyweight sculpting with bursts of cardio, targeting each major muscle group individually. Body Conceptions has become known as the leading personal training company for pre and postnatal fitness in New York, with a mission to help support women through their most difficult life transitions. Due to fast-growing demand, we are looking to expand our team of highly qualified and intelligent trainers! More information on our website www.bodyconceptions.com

Qualifications

- Must have, or be willing to obtain within six months of hiring, a nationally recognized personal training certification
- Must be willing to participate in training in our method, including advanced pre and post natal training and certification (training in the method once hired is complimentary, and additional certification is partially subsidized by the company. Feel free to ask for clarification if needed)
- Must have some form of dance training
- Must have experience teaching either fitness or dance
- Must have general availability between the hours of 8am and 12pm EST Monday-Friday
- Must be open to private training in person in NYC, and be able to conduct virtual sessions via Zoom, which will involve music and some jumping.
- Must be available Sunday September 12th for an in person audition / interview in NYC
- Must be vaccinated

Auditions

For the initial round of auditions, we ask that you submit a 5-10 minute video of you teaching either fitness or dance. Fitness material is preferred, but please submit whatever makes you feel most confident, as we want to get a sense of your personality and teaching style. It is preferable that your material is set to music, demonstrating musicality, knowledge of anatomy, and confidence with instruction. Videos can be submitted via unlisted Youtube or Vimeo link, or using WeTransfer.

An example of an abbreviated version of our workout, taught by our founder Mahri, can be found at this link.

<https://vimeo.com/589636934> Password: EXAMPLE

We will be inviting a select number of applicants to audition and interview in person on Sunday September 12th around 11am-1pm in NYC, location TBD. This day will likely consist of a group workout in the Body Conceptions method, and one on one teaching sessions, followed by a short interview.

Required Skills

- Personable and confident
- Good communication skills
- Genuine desire to support and motivate others
- Great teacher, and skilled at teaching on Zoom
- Dance experience

Personal Training certification (or willing to obtain one)

To apply, please email your resume, headshot, video of yourself teaching, and a brief statement of interest to julia@bodyconceptions.com. If you have any further questions or concerns about this position please don't hesitate to contact julia@bodyconceptions.com.

Body Conceptions by Mahri
New York, NY
www.bodyconceptions.com

For more information:
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