

Friday, May 12, 2023

Barre Fitness Master Instructor

Company: Physique 57 Hoboken
Location: Hoboken, NJ
Compensation: \$40-\$60/hour

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[Send your resume to hoboken@physique57.com for instructions for a video audition submission.](mailto:hoboken@physique57.com)

Physique 57 is the pioneering leader of barre-based fitness classes. We are a rapidly growing fitness and media company based in New York City with US franchise locations in addition to studios in Dubai, Bangkok, and India. The instructor will teach group barre classes following the signature Physique 57 exercise methodology.

Our trainers are a high-energy team of dynamic and creative individuals who change the lives and bodies of our clients every day. Our rigorous training program produces the most effective and inspiring trainers in the fitness industry. We require a 1-year commitment upfront for you to fully immerse yourself in our company culture and grow into teaching.

Responsibilities:

- Plan and execute barre fitness classes that are level-appropriate and that are consistent with Physique 57's class formats
- Ensure proper body alignment and safe and effective movement execution for all class participants by means of descriptive cueing and hands on, demonstrating anatomical knowledge and proper body mechanics
- Offer appropriate variations during all classes to accommodate clients of varied fitness levels, including personalized exercise modifications so that newer clients or those with physical limitations may follow the class safely and with ease.
- Be attentive to clients, offering hands-on corrections, individually challenging them, and relating to them personally. Instructors are expected to proactively learn and utilize at least 80% of client names every class.
- Choreograph exercise variations that are level-appropriate, creative, interesting, fun, safe, and effective.
- Thoroughly prepare for all classes, focusing on daily variety of choreography and music. Sequencing and choreography should coordinate with the music to provide an on-point, exciting, and invigorating experience for clients.
- Attend all training & continuing education sessions and take classes at Physique 57, ideally twice per week, minimally four times per month.
- The Master Trainer needs to maintain a flexible schedule in order to attend all other instructors' classes twice a month to provide feedback and train any new hires that we add to the team in the future.

Qualifications:

- 1 year of teaching experience.
- Background in musical theater or dance, ballet, jazz, or modern preferred.
- Must be able to work a flexible schedule including weekends and holidays.
- Knowledge of anatomy and kinesiology.
- Upbeat, energetic, enthusiastic attitude that exudes positivity throughout each class.
- A strong sense of musicality. Must be able to choreograph each class with music that meshes with the movement. The company provides the guiding principles, you unleash your creativity and personality to make each class unique, effective, and memorable.
- Local (Hudson County, NJ) candidates preferred.

Physique 57 Hoboken
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For more information:
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