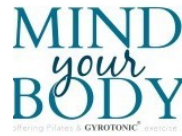


Wednesday, October 8, 2025

GYROTONIC® and/or Pilates Instructor

Company: Mind Your Body
Location: New York, NY
Compensation: 40+

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Mind Your Body studio is hiring Gyrotonic instructors as well as one Pilates instructor. We are a leading studio on the UES NYC. We are looking for individuals who can work well independently and as a team. We are a well established business with a strong, retained client base. The studio offers Pilates apparatus private lessons and classes. The Gyrotonic lessons are offered as private or Duet only. The studio is equipped with a Jump Stretch Board and two Expansion Systems.

We offer a year end bonus and a matching IRA (when eligible). We coordinate complimentary employee trainings and group classes and offer discounted trainings with NYCs top instructors.

The hours are flexible but one should be available for at least 15 hours to include one weekend day.

Please send your resume and a cover letter to the email provided. We look forward to meeting you and welcoming you to the community we built together.

Mind Your Body
1370 Lexington Ave. 1435 Lexington Ave.
New York, NY, 10128
(917) 776- 4796
www.mindyourbodyfitness.com

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