

Sunday, March 3, 2024

## Part Time Pilates Instructor

Company: NM Studio  
Compensation: \$50 - \$65

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NM Studio is seeking a pilates instructor to work individually with clients or in groups by guiding them through custom exercise plans to help clients achieve their personal fitness goals. Pilates instructor needs to have awareness of proper body mechanics.

Location: NM Studio, Upper East Side

Salary: \$50 - \$65 an hour

Job Type: Part-time with weekend hours

### Job Description

Must be apparatus certified

Minimum 500-hour comprehensive pilates education (includes: mat, reformer, chair, and cadillac)

Experience with group reformer instruction

Experience teaching pre and postnatal clientele

Demonstrate anatomical knowledge and focus on safety

Comfortable teaching clients with injuries

Up-to-date CPR certification

Willingness to add yoga and trigger point modalities to teaching repertoire

Active learner who is able to evolve with new developments in the fitness industry, with a concentration on pilates

Professional, pleasant demeanor, and excellent customer service skills

Ability to implement new procedures and proactively communicate with management

Teampayer - ease with working with the public, management, and other instructors

Trustworthy, problem solver, good judgment, and keeps confidentiality

Professional and neat

Punctual and reliable

Maintains open availability for a minimum of 4 hours (2 shifts) per week

Actively implement studio education standard

Participate in networking events as needed in order to promote the studio and generate new business

Maintain honesty and integrity

Additional duties as assigned

### Physical Requirements

Must be able to move/push equipment

Apply reasoning skills and logic when faced with a problem

Able to carry-out and provide detailed, written or oral instructions

Pilates instructor must be physically able to demonstrate some exercises while teaching

If interested, please email us your resume to [info@nmstudioinc.com](mailto:info@nmstudioinc.com).

NM Studio  
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For more information:  
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