

Yoga & Pilates for the People Instructor

Our Story & Mission

Yoga & Pilates for the People is a traditional Yoga & Reformer Pilates studio specializing in teaching mindful movement as preventative medicine. We work with people between 25 and 80 to develop a lifelong commitment to healthy living that enables them to show up for the people and causes that matter most to them. Our expert instructors offer classes of all intensity levels so that members can grow as they get stronger, flexible, and balanced. We're proud that we've been delivering healing movement and inspiring heart-centered living in the Athens community since 2008.

The Role

As a Yoga & Pilates for the People Instructor you share our values and passion for unrivaled and memorable customer experiences. You will be a brand ambassador for Yoga & Pilates for the People and will contribute and continue the successful commercial growth of the business whilst ensuring the highest possible standards of customer service and program delivery.

Responsibilities

- Create exceptional classes/private sessions in the framework of Yoga & Pilates for the People.
- Utilizing our high touch education process, walk clients through their goals and educate them on their ideal approach to using Yoga/Pilates to reach their goals. Most of our clients are hoping to increase flexibility, build strength, improve their balance, and de-stress.
- Adhere to the start and end times, intensity and description of each class/session or format based on the class schedule and varying levels of participants in each class/session.
- Build rapport with clients, know their individual needs and goals and greet clients by their name.
- Teach classes and/or private sessions on a regular schedule that is introduced quarterly and limit subbing. When seeking a substitute, always ensure all subs have been contacted by you directly before reaching out to studio leadership for their assistance in finding a substitute.
- Arrive 20 minutes prior to class/session and leave 15 minutes following class/ session. During this time, you will educate clients on the studio's formats and offerings; assist in the booking of additional class times for current clients and engage all clients with our studio's systems.
- Ensure the studio and equipment is left in a clean and tidy condition.
- Work directly with studio leadership by communicating feedback, maintenance issues, substitution changes and requests, and scheduling.
- Attend mandatory meetings with studio leadership which includes one 15 minute check-in per month, quarterly meetings, a yearly 4-hour in-service, and occasional other meetings as needed to respond to changes at the studio or client concerns.

Pre-Requisites and Attributes

- Hold 1+ years experience in teaching.
- Yoga Instructors must hold a current certification.
- Pilates Instructors must either have a current certification or have at least 1 years experience in teaching and participate in our bridge training program while pursuing certification.
- Be competent in modifications and contraindications for major injuries and common client concerns like tight hips, rotator cuff injuries, back pain, and knee issues.
- Have a strong knowledge of anatomy and movement kinesiology.
- Be engaging, outgoing and eager to get to know your students.
- Be ready to engage in ongoing professional continuing education and development.
- *Non-Compete Requirement:* Because of the depth of mentoring and professional development that we provide to our team, we require all team members to commit to not opening a studio within 10 miles of our location. Instructors are free, however, to teach at other local studios.

Remuneration

- \$25-35 per hour
- Free studio membership in the modality instructed

Hours of Work

- We ask all instructors to commit to at least 2 weekly classes,
- Class patterns are flexible and we host classes between 8a and 8p during weekdays, Saturday morning, and Sunday afternoon/evening.
- All instructors commit to subbing as often as they request subs, which means that hours will vary.

Development

At Yoga & Pilates for the People we are passionate about development and our goal is to promote from within wherever possible. This position is seen as a first step toward our Lead Instructor Role and Teacher Training Assistant Role. This role is also an excellent pathway toward management roles.