



Job Description

TITLE:

- Group Exercise Instructor / Yoga Instructor

EFFECTIVE DATES/TIMES:

- Schedule is flexible

LOCATION:

- Classes are virtual using Google Meet. Teach from home.

REQUIREMENTS:

- Certified in Group Exercise and/or Yoga, must provide proof of certification
- Must have an understanding of how to modify exercises within the class setting. Helpful if instructor also has understanding of appropriate modifications for pre and postnatal fitness and the inclusion of children within a workout environment.

DUTIES:

- This person would be required to instruct 1 fitness class per week for a duration of 6 weeks. May be asked to teach additional classes if mutually agreed upon.
- Class curriculum may be provided to you or we can discuss you instructing a class of your choosing.
- Instructor would be permitted to instruct virtually from anywhere using the Google Meet platform. Instructor not required to manage class links and registrations. That is managed by BrittFit Family Fitness.
- Instructor opens virtual class 15 minutes prior to class start time, does brief introduction and begins on time. After class conclusion, instructor allows participants to chat briefly and welcomes them to join future classes.
- Instructor would recommend at the start of class any equipment participants may choose to use in class.
- Throughout class, instructor would provide helpful modifications for various skill levels and monitor attendees who choose to have video on to ensure they are performing exercises with correct form.
- Help create welcoming environment inclusive of all family sizes and styles.