



Pilates Reformer Trainer Position Description

Position Title: Pilates Reformer Trainer

Reports to: Fitness & Wellness, Director

Position Summary: Responsible for assisting members in achieving their health goals through physical activity instruction and guidance.

Essential Functions:

- A strong knowledge of Pilates on all apparatus – Mat, Reformer, Cadillac, Chair & Barrels.
- Offer in-studio private and semi-private sessions and small group classes
- Teaches Pilates to a variety of populations and skill levels with knowledge of proper alignment, breathing and control of movements
- Performs initial physical assessment of the member
- Establishes realistic goal for the client
- Develop fitness programs and offers guidance to help client achieve goals
- Ensures proper, up-to-date, and safe procedures are being utilized
- Monitors form and technique, provides constructive verbal and hands-on help
- Maintains a clean and neat appearance of the fitness facility and monitors the functioning status of equipment.
- Teaches proper Pilate's techniques, participates in continuing education seminars and workshops.
- Greets users of the fitness center; answers telephones and maintain files of program cards, testing and other information.
- Assists the Director in initial and continued development of services within the athletic department.
- Remains up to date on current fitness information
- Must maintain a current certification through continuing education
- Ability to plan effective creative fitness programs designed to safely meet the clients' goals.
- Available weekdays throughout the day

Qualifications and Skills:

Education: Pilates Trainer certifications from an accredited school and or any combination of education and experience equivalent to graduation from high school or any other combination of education, training or experience that provides the required knowledge skills and abilities.

How to apply:

Shericka Armstrong (Human Resources Manager) | www.ulcc.org | sarmstrong@ulcc.org

Experience: Minimum one year of experience is required.

Additional Skills/Requirements: Fully certified Pilates instructor. Excellent communication, leadership, and motivational skills. Ability to provide the utmost of customer service, a strong sense of teamwork and a passion for all aspects of fitness. Current CPR Certification. COVID-19 vaccinated required. Passionate about helping others improve their lives through health and fitness.

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