

Casual Fitness Instructor

Salary:	£9.35 per hour
Base:	Active Ashton, Active Copley, Active Hyde, Active Ken Ward, iTrain, Active Medlock and Active Oxford Park
Working Hours:	Various
Contract:	Casual
Closing date:	Open
Please Quote:	AT112

LOVE WHAT YOU DO. DO WHAT YOU LOVE!

Active Tameside is a registered charity. We're here to inspire people to live well and feel great! We aim to be the 'go-to' organisation to conquer inactivity and improve healthy life expectancy.

We are seeking a casual fitness instructors who are motivational and can inspire all of our members to fall in love with fitness. An instructor who can talk to people, understand different life journeys and above all make an impact both within the studio setting and on the gym floor

You will need a Level 3 Fitness qualification to apply for this position.

You will be responsible for delivering health and wellbeing functions within the facility, including leading gym inductions and group exercise classes.

In return we can offer you the opportunity to play a major role in the provision of an excellent service. Ongoing training and development will be provided.

Active Tameside is committed to safeguarding and promoting the welfare of children, young people and vulnerable adults and it is expected that all applicants will share this commitment. DBS checks will be carried out on successful candidates subject to post requirement.

What benefits will Active Tameside offer me?

We seek to ensure that Active Tameside is great place to work and that our people are rewarded! All of our people are entitled to an All Inclusive Membership which enables them to access all of our gyms, pools and classes for free! Your partner and children under 16 can swim for free too!

We also offer the Cycle to Work Scheme, Computer and Phone Salary Sacrifice Scheme , kiddivouchers, Christmas Saving Club and a great Pension Scheme with Greater Manchester Pension Fund.

Not only that but we are also partnered with BHSF (a not-for-profit organisation) to offer great discounts for your favourite high street stores, offers and much more!

To apply for this position please fill out the form online or alternatively with an application form and return it to HR@activetameside.com or People Services, Active Tameside, Active Ken Ward, Hattersley Road East, Hattersley, Hyde, SK14 3NL. Application forms can be found on www.activetameside.com or email HR@activetameside.com. For help or advice in completing the application form please contact People Services on 0161 366 4814.

Role Profile

Role Title:	Fitness Instructor
Grade:	D
Date:	January 2018
Responsible to:	Fitness Development Officer

Role Purpose:

The fitness instructor plays an integral part in any member's journey with us. They are responsible for welcoming new members and making them feel at ease, delivering person centred introductions into the fitness environment as well as designing and delivering outstanding group fitness classes within the studio. The Fitness Instructor inspires and empowers members to increase their activity and achieve their goals.

Role Accountabilities:

All our roles play a key part in delivering our strategic themes to achieve our goals:

1. Contribute towards achieving a positive culture in delivering our dynamic and life enhancing strategy and outcomes. Build positive and effective relationships with customers, colleagues, partners and key stakeholders.
2. Motivate and inspire long term exercise adherence through designing and delivering outstanding group fitness classes (inc Les Mills). Ensuring all levels of participants are catered for and feedback is encouraged to constantly improve.
3. To actively interact and develop a strong rapport with all members. Have a presence on the gym floor and develop an understanding of customers including their individual goals. Offer assistance in helping them to achieve these goals through a variety of methods including 121 training sessions.
4. To constantly update and review individual practice and industry knowledge by learning from others and seeking a wider understanding of health and exercise principals, implementing this when appropriate in day to day practice.
5. Be a flexible and proactive team member who inspires improvements and developments in people, performance and processes. To inspire a "best in class" approach in representing our brand internally and externally.
6. Live and breathe the vision and values of Active Tameside in a customer focused way to drive us to be the best that we can be. To lead by example and to be an active role model in delivering our policies and procedures.

Role Requirements:

Our recruitment process will include you demonstrating these requirements from your application form, interview and/or assessment(s):

Knowledge	Experience
<ul style="list-style-type: none"> • Level 3 fitness qualification • <i>Exercise to music qualification</i> • Qualified in other class based disciplines • <i>Current First Aid certificate</i> • Excellent knowledge of health and safety and its application to exercise programmes and group fitness situations. • <i>Membership of CIMSPA or relevant institution</i> 	<ul style="list-style-type: none"> • Experienced in developing physical activity programmes for different cohort groups. • Confidence and ability to teach high quality group fitness classes. • Experience in achieving results with clients who are experiencing a variety of challenges or barriers.
Skills	Values
<ul style="list-style-type: none"> • Confidence to approach, interact and engage with members of the public. • Excellent communication skills • <i>Ability to undertake minor repairs and basic equipment maintenance.</i> • Ability to maintain and showcase club to the highest standard to customers. 	<ul style="list-style-type: none"> ★ Active - we encourage people to be healthy and active. ★ Champion - we work and adapt so that we can be the best. ★ Together - we are there for people that need our help. ★ Integrity - we are genuine and honest with people. ★ Value - we respect people's opinions and differences. ★ Enthusiasm - we enjoy what we do and act positively.

- **Essential Criteria – in bold**
- *Desirable Criteria – in italics*