MOVE[REPEAT]
FITNESS LIFESTYLE BRANDS

FULL TIME INSTRUCTOR

Position Type: Full Time, Permanent
(5 days per week – one weekend & one weekday off)
Reports To: Head Trainer & Group Program Manager

THE JOB IN A NUTSHELL:

You will be employed by Down for More Pte LTD which will be housing the brand STRONG.

Strong's instructors are the face of the business. They are responsible not only for delivering high quality classes in line with the teaching standards for all Strong class types but also representing the Strong brand across their personal grooming, pre- and post-class client relationships, and personal brand through social media and representation at events.

The Employee may be required to participate in media and publicity events at the request of the Company.

You shall use your best endeavors in the performance of your duties, as may from time to time be assigned to you, and shall devote the whole of your time, attention and abilities to such duties during the hours of work as may be declared from time to time.

As an employee you are required to maintain exclusive employment to the Company. You shall not during the continuance of your employment engage in any other employment or business activity, without the prior approval in writing of the Company (which may be withheld by the Company at its sole discretion).

Teaching (80%)

Strong strives to develop the best teaching team globally. As part of this strategy, our brand promise ensures that no matter where in the world a Strong class is delivered, it meets the brand standards and brand promise of a Strong class.

Instructors are expected to be well-versed in the Strong offering, and through internal trainings, be able to teach all class types. They will deliver each class type to brand, using class type guidelines in shaping their cues, correcting form and above all ensuring safety.

This team will also compile feedback given by clients and assist their managers in ideating solutions for any areas of improvements.

Full time instructors are required to teach a minimum of 60 classes per month.

Personal Development (10%)

We look for our team members to pursue professional growth through attendance of training courses, internal and/or external. Instructors should endeavor to attend at least 3-4 internally scheduled trainings per year, alongside any other external trainings they choose to attend in their own time. These training courses will ensure that they develop additional knowledge of both hard and soft skills help to bolster their competencies as an instructor.

You will also be required to attend a minimum of 1 class in a week.

In addition, they will need to always have an active and valid First Aid certificate.

Team (10%)

Being a team player is crucial in this role. As a member of the Strong team, we foster a sense of community and collaboration. As our key representative of the brand in the studios, we encourage the team to demonstrate these values in the simple yet highly appreciated ways, including:

- Be the first point of contact for emergency classes covers with less than 24 hours' notice and to proactively assist the mentee in finding a cover when necessary
- Covering classes when teammates need assistance
- Helping the Managers or colleagues whenever possible
- Being friendly and making an effort to get to know your teammates!
- Attending team and brand events and community building opportunities.

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