



<https://zumfitness.com/careers/hiit-instructor/>

## HIIT Instructor

### Description

**We are looking for multiple candidates to instruct 40-minute (or longer) HIIT classes, multiple times per week, in the early a.m., midday, and evening hours. Ideal candidates are positive, enthusiastic, empathetic, and have a passion for helping people improve their lives.**

At ZUM Fitness our goal to guide our members through their lifelong fitness journey.

Those selected for the HIIT Instructor position will be paid \$25+, DOE, per 40min class, with class times ranging across early morning, midday, and evening hours. An initial commitment of 3 hours of instructor training will be both provided and required, and will include workshop time. There will also be additional time required for class observation, and serving as an assistant to a tenured instructor. After completing the training, and gaining tenure and experience, instructors will gain some flexibility in developing the class(es) to fit their style, and will also have access to continued mentorship. Additional opportunities will also be available for other positions at ZUM Fitness, including instructing other class modalities as well as consideration for our personal fitness training positions.

### Responsibilities

#### Tasks You Will Be Expected to Perform

**Developing comprehensive high-intensity fitness routines for each class, accounting for all attendee ability levels** – You will receive coaching and training on our philosophy and methods, which you will be expected to adhere to, though you will be encouraged, over time, to incorporate your own style and unique elements.

**Interact with and develop working relationships with members and attendees**– get to know the people that take your classes, pay attention to their progress, adapt individual instruction as needed, be the host of the party.

**Demonstrate proper exercise instruction** – This is a big one. We will need you to be able to provide proper coaching, instruction, and motivation during classes. You should have a working knowledge of the human body (muscles, planes of movement, function, etc.), and be able to program and explain appropriate exercises that allow each person to meet their goals for that class.

### Skills

#### Required Skills

**Excellent Communication skills** – You must be comfortable talking to people

### Industry

Health and Wellness

### Employment Type

Part-time

### Job Location

1813 7TH AVE, 98101, Seattle, USA, USA

### Date posted

September 12, 2019

### Valid through

March 1, 2019

### Base Salary

\$ 25+ per class

about all appropriate health and fitness needs. You must be comfortable conversing in-person, electronically, and over the phone. You must be able to conduct yourself professionally, and deliver clear instructions to class attendees.

**Health and Fitness Education** – It is not imperative that you have personal training experience, though a demonstrated, working knowledge of health and fitness would be a minimum.

**Empathy** – Coaching and instructing people is as much art and heart, as it is science. To be effective, it is very important that you not only be able to develop routines and demonstrate exercises, but also that you are able to understand what your attendees may be feeling, or going through during a class. We are looking for people who can connect with people, so that you can actually implement the class you envision.

**People Skills and Personality** – You must LOVE working with people! This is an exciting environment, and you must be able to show the members, and your clients, energy and personality when working with them.

### **Bonus Skills**

**Nationally-recognized certification** – ACSM, NSCA, NASM, or other certification preferred, but not necessary.

Exercise or Health related degree

CPR Certification

Work with special populations (elderly, children, etc.)

Experience leading groups – exercise, or not.

### **Experience**

It is not imperative that you have both previous personal training and class instruction experience, though it is expected that you have at least 1 year of experience in either position.

### **How to Apply**

We're looking to hire the right people relatively quickly. If this job sounds right for you, please complete the form by clicking the "APPLY NOW" button and we will contact you via email with details on our hiring process and a request to schedule an initial phone interview.

Being accepted for these positions at ZUM Fitness opens the door for many possibilities of employment at our facility. We recognize and reward hard work, and the ability to work well with our community!!

Thank you very much for both your interest and your time!

### **Hiring organization**

ZUM Fitness