



POSITION DESCRIPTION

Cardio Express is seeking dynamic, motivating, and high energy SPINNING® Instructors with a strong passion for fitness. Our SPINNING® Instructors are responsible for conducting fun and educational rides for class participants.

RESPONSIBILITIES

- Conduct effective, high-intensity, high-energy and enjoyable classes.
- Maintain positive relationships with members to encourage continued class attendance.
- Promote Cardio Express SPINNING® program to prospective new participants to ensure maximum class attendance.
- Create music playlists for classes using diverse genres of music.
- Monitor and coach correct form to promote a safe environment
- Arrive to scheduled classes 15 minutes early and stay 10 minutes after class to assist new members with bike setup, interact, and build rapport with class participants.
- Adhere to Cardio Express policies and procedure, and all operational standards related to providing a safe and welcoming environment for members.
- Attend staff training and meetings as required.

JOB REQUIREMENTS

- High school diploma or equivalent required.
- Prior SPINNING® or indoor cycling strongly preferred.
- CPR/AED and First Aid certification required – must obtain within 30 days of hire.
- Must have a passion for fitness with a commitment to personal fitness goals.
- Excellent customer service skills.
- Able and willing to work during club peak hours which may include mornings, evenings, and weekends.
- Position reports to District Fitness Director

AWESOME EMPLOYEE BENEFITS

- Competitive compensation with top class rates for top performers.
- SPINNING® certification reimbursement.
- Continued education reimbursement (up to \$400 per year)
- Recruitment bonuses available
- CPR/AED/First Aid certifications offered on site.
- Developmental training provided by our District Fitness Director

- Free Cardio Express uniform
- Free Cardio Express membership for self and spouse.
- Annual performance reviews.
- Promotional and career advancement opportunities for top performers.

WANT TO CHAT? YEAH, WE THOUGHT SO...APPLY TODAY!

Cardio Express is an Equal Opportunity Employer. We recruit, employ, train, compensate, and promote without regard to race, color, sex, national origin, medical condition, age, sexual orientation, or disability.