



Post Title:	Location Base:	Reporting To:
Group Exercise Instructor	BH Live Active – Southampton	Group Exercise Manager

Summary of role

To lead, create and deliver safe and effective group exercise classes that are tailored to different fitness levels.

Key responsibilities

We are looking for reliable, passionate, and experienced, Group Exercise instructors across several genres including;

Les Mills, Zumba, Body Combat, Body Pump, Yoga, Pilates, Dance, Group Cycle, Aqua, Circuits and LBT/Body conditioning.

Our group exercise team are a vital part of our customer experience; therefore energy, passion and a drive to support others on their fitness journey is essential to this role.

You will lead group exercise classes and have a positive attitude and excellent interpersonal skills.

You will adjust classes for our customers to address any health issues, injuries and to take into account any other specific needs.

You will build rapport motivate and adapt a class to accommodate a wide range of ages and abilities.

Create safe and effective classes; that remain up to date with current industry trends.

Deliver all classes with energy and enthusiasm, letting your passion for fitness shine through.

Skills and experience

Details	Criteria
Previous experience of leading group exercise classes	Essential
Have a great understanding of how to provide great customer service	Essential
Have strong communication skills, with the ability to build rapport motivate and adapt a class to accommodate a wide range of ages and abilities	Essential
Understanding of delivering safe and effective classes	Essential
Up to date knowledge of current industry trends	Essential
Passion for health and fitness	Essential
Be approachable, friendly and have an empowering attitude	Essential

You must be reliable and able to cover classes across two or more of these timeslots; early morning (6am-8am), day time (9am-12pm), Lunchtime (12-2pm), evenings & weekends	Essential
Qualifications	
You must have Level 2 in Exercise to Music or Level 2 in Gym instruction alongside your qualifications to teach your chosen class in all areas apart for Les Mills and Zumba Instructors. Les Mills and Zumba instructors will need to demonstrate their competency via an audition process.	

Roles and responsibilities will evolve and change over time.