



## **SPINNING INSTRUCTOR POSITIONS (SELF EMPLOYED)**

### **BACKGROUND**

Tilsley Park currently offers a number of high quality spin classes and is now seeking enthusiastic and qualified instructors. There are 18 M3i Keiser Spin Cycles with Bluetooth connectivity that can be linked to a video screen. Classes are held in the dedicated Spin Studio. A number of classes operate with Spivi, which provides real-time animation for group classes.

### **REPORTING**

The Spin Fitness Instructor will report to the Business Development and Operations Manager.

### **KEY TASKS**

- To teach spin classes at Tilsley Park, but may be required at other ASE locations.
- To plan, organise and lead participants through a spin class programme.
- To work to high professional standards and to provide exceptional customer service.
- To support Abingdon School Enterprises Ltd in achieving its aims and objectives, which are based on the principle of delivering high quality sport and leisure activities.

### **MAIN RESPONSIBILITIES**

- To conduct and organise engaging classes by: being fully prepared, beginning and ending on time, welcoming new participants specifically and adhering to a class format.
- Arrive at least 10 minutes early to greet customers, welcome and assist them. To ensure that the level of intensity is appropriate for the class, and provide modifications, where required.
- Monitor participants for correct positioning and intensity levels, and be able to explain and demonstrate the correct and safe way to perform all exercises.
- Adhere to general fitness principles, including warm up and cool down.

- Become fully familiar with all equipment prior to the class, and handle it with care at all times.
- Maintain a professional appearance and be a role model for customers.
- Report any equipment faults to the Duty Manager.

## **PERSON SPECIFICATION**

### ***Qualifications***

- Level 2 Exercise to Music/Fitness Instructor qualification
- Recognised indoor cycling qualification (SPIN)

### ***Experience***

- Previous experience of group exercise instruction is high desirable Skills/Attributes
- Positive outlook
- Excellent people skills
- Confident in delivering a group exercise class
- Ability to plan and lead a safe, fun and effective class

### ***Safeguarding***

Displays commitment to the protection and safeguarding of children and young people  
Values and respects the views and needs of children and young people.

### **SALARY**

Competitive.