

Active Body Pilates is a smaller, intimate studio in the heart of Gilman Village, Issaquah. We are currently 5 instructors with a great sense of humor and different approaches to life. We teach at varying times from early am till late in the evening. We offer private, duets and reformer classes as well as mat classes. All of the instructors have a great personal repertoire with their clients and clients tend to be 'repeat offenders'. All of us offer high quality Pilates sessions directly catered to the individual client needs and goals. Active Body Pilates encourages clients to lead an active lifestyle. We believe that 'An Active Body with balanced strength and flexibility is less likely to be injured'. Each one of the instructors at ABP reflects that motto in some shape or form. Our active lifestyles and positive outlooks directly carry over to help inspire our clients to feel motivated and to find their own personal balance.

Active Body Pilates is looking to bring on a qualified, mature, reliable and motivated instructor with a great sense of humor to join our Team. We offer competitive pay.

What we're looking for:

- Instructors need to be self motivated, confident, organized.
- Show empathy and compassion for your client's physical and personal goals and needs.
- Some teaching experience is preferred. Stott certification is also preferred yet different 'neutral spine' certifications are welcome. What is important is that the instructor is able to identify and understand basic body and muscular mechanics in order to pick safe and correct exercises for the particular client. Also have a basic understanding of how the different spring settings on the various machines will affect what muscles you target.
- Be able to work with a range of physical abilities (we accommodate anywhere from post surgery/PT clients to amateur/ high performing athletes (triathlete, fencers, etc.). Our oldest client being 84.
- We are currently looking for afternoon/ evening and weekend instructors as there is a big demand for those times (work hours are flexible and other time options are available).

Our instructors are all independent contractors, so you will need to have your own:

- business license
- insurance
- cover certain business expenses (business cards, etc.)
- be able to pay a bi-monthly rent fee based on number of clients you saw
- motivation to bring in new clients
- organize your schedule and clients
- be able to use Mind Body Online

If you feel like you would fit well in our Active Body Pilates Team, please send your resume and references to: jana.broecking@gmail.com

Thank You