



Fitness Instructor Job Description

Established in 1872, Sokol Baltimore is a nonprofit organization dedicated to promoting personal and community health by offering affordable gymnastics, fitness, educational, and cultural activities for all ages. As the only dedicated gymnastics facility in Baltimore City, we are promote personal and community health for hundreds of youth through the fun and challenging sport of gymnastics in a supportive environment.

Description

We are interested in fitness instructors for all ages! Let us know your specialty because we may have a place for you to share your talents at Sokol Baltimore: yoga, dance, cheer, Pilates, cardio and more. We create our class schedule based on the availability of our teachers. Teach one class per week or teach as many as you'd like!

Roles and Responsibilities

- Lead and manage classes for groups of 6-12 youth or adults of varying skill levels. .
- Attend staff meetings and trainings, no more than one meeting per quarter.
- Learn and demonstrate at all times appropriate supervision techniques for your identified specialty.
- Facilitate a positive, supportive, fun, and safe learning environment for your athletes.
- Create a structured setting by following lesson plans and communicating clear expectations and limits.
- Engage participants and support their mental, physical and emotional wellness.
- Support the training of new assistant coach and coach hires.
- Other duties as assigned.

Qualifications

- Must have experience working with groups of youth and/or adults.
- Previous experience as a fitness instructor is preferred but not required.
- Ability to relate and communicate positively with parents, guardians, and community members.
- Must pass a criminal background check and complete annual Safe Sport Certification.
- High school diploma or GED preferred.
- Will consider applicants who are 15-17 years-old with a work permit and have previous experience as a fitness instructor.
- Experience with or current certification in CPR, AED, First Aid, and other related certifications as required for each specialty.



Benefits

- Volunteer service hours or paid hourly rate options available.
- Free access to equipment during adult open gym sessions (\$11/session value).
- Flexible scheduling.
- Compensation for select trainings and certifications.
- Free membership to Sokol Baltimore and American Sokol (\$60/year value), which includes member discounts, invitations to members-only events, and eligibility to participate and vote in unit meetings.
- Opportunities to perform and compete at local, regional and international Sokol events for adults of all ages and skill levels.
- Chance to participate in one of the oldest nonprofits in Baltimore and be a part of our exciting growth opportunities for the future.

Please complete our online application and email a resume to info@sokolbaltimore.org.