



Mittleman

Jewish Community Center

Schnitzer Family Campus

6651 SW Capitol Highway, Portland, OR 97219

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Job Announcement

Job Title: Pilates Mat Instructor

OPENING DATE: August 24, 2017

CLOSING DATE: Open until filled

WAGE: \$28-\$30 per class DOE

SCHEDULE: Monday and Wednesday, 11 a.m. to Noon;
Tuesday and Thursday, 8:30 a.m. to 9:30 a.m.

The MJCC has been serving families in the Portland area for over 100 years. Our facilities include a full-size gymnasium with basketball courts and a rock climbing wall, an indoor soccer field that can be utilized for a variety of field games, and an area that can be used for gymnastics or volleyball. The MJCC is open to everyone!

JOB SUMMARY: The Group Fitness Instructor is responsible to provide group fitness instruction in a class setting. This position leads Gentle Pilates and/or Stott Pilates Mat classes.

RESPONSIBILITIES:

Provide class instruction; begin and end class as scheduled. Provide adequate warm-up, exercises, stretching, and cool down. Encourage and support members to participate at the level of their ability. Supervise program participants and ensure classroom and /or activity is safe for participants and instructor.

Develop complete lesson plans as requested by supervisor. Prepare appropriate equipment, music and written information. Maintain class roster and any associated class records.

Orient class members to all equipment used in the class; instruct class in the safe operation of equipment. Instruct class members in how to move safely within the limits of their abilities.

Check out equipment and return it to the proper storage area. Turn off all equipment at the end of class, return the activity area to its proper order, and properly secure activity area.

Provide excellent customer service. Provide information specific to fitness center programs, and general information about MJCC operations. Answer questions and address concerns within scope of authority.

Keep Fitness Manager informed of needs, questions, and changes of the clientele. Enforce facility and fitness program policies. Attend periodic staff meetings as scheduled.

QUALIFICATIONS: (Any combination of experience and training that demonstrates the ability to perform the duties of the position is qualifying. This would typically include:

- Current certification as a Pilates instructor.
- Six months' experience providing group Pilates Mat instruction in a fitness class setting at a fitness center, health club or similar establishment.
- Current certification in First Aid and CPR.
- Additional Stott Reformer training is desired.

To Apply: Visit our website at <http://www.oregonjcc.org/about-us/employment>

MJCC IS AN EQUAL OPPORTUNITY EMPLOYER