

Atlantic Racquet Centre: Yoga Instructor

Atlantic Racquet Centre (ARC) are seeking to appoint a Yoga instructor to join our ARC Fitness team. The position will be offered on a self-employed contract. To apply please send a covering letter and your CV to gym@atlanticracquetcentre.co.uk

ARC is a community racquet & fitness centre where everyone can exercise, socialise and learn together. The centre currently boasts over 1300 members regularly accessing our 10 tennis courts, 3 badminton courts, 2 Squash courts, 2 table tennis tables and large functional fitness Gym. The final phase of the project is set for completion in 2024 and will include a multi-sports hall and community Café.

ARC Fitness is a multi-purpose, functional and spacious gym for people across North Devon who regularly participate in sport or are looking to improve their health and wellbeing through exercise and fitness. Successful candidates will have a passion for health and fitness and relate to the Centre's vision and mission statements. Industry experience is essential, and coaches must hold the necessary professional qualifications to coach the class and hold valid Public Liability insurance.

The coaching timetable includes the following classes – Functional Fitness, HIIT, Kids Fitness, Pilates, Inclusive Fitness, Health Class, Olympic Weightlifting and Functional Strength. Experience of coaching group classes in some of these areas, especially Pilates is preferred but not essential. In addition to the class coaching role, there is a great opportunity for the successful candidate(s) to work with personal training clients through the gym.

Essential requirements of the successful candidate:

- Program and deliver engaging, high quality Yoga classes for our members
- Represent ARC Fitness and Atlantic Racquet Centre in a professional manner and conduct yourself in accordance to our vision, mission and policies.
- Coach your scheduled classes safely and effectively, ensuring a high quality experience for our members.
- Be prepared to coach some early mornings and/or weekends.
- Teach the class workout as programmed or design the workout if required to.
- While on the premises, support the day-to-day operations of the gym spaces—including tidying equipment away, cleaning the gym spaces where necessary, restocking etc.
- Assist with gym tours and gym inductions as necessary.
- Assist with any potential, new or existing member enquiries in a professional manner



Additional desirable skills:

- Previous employment in the sport & fitness industry.
- Experience and qualifications to coach group fitness classes such as Pilates, HIIT or Functional Fitness
- Flexibility and willingness to cover additional classes.
- Conduct personal training with ARC members.

Additional information:

Position type:	Self-Employed
Rate of pay:	£12.50-£15 per hour (depending on experience)
Hours:	1-3hrs per week (some evening/ weekend required)
Employer:	ARC Centre Ltd and ARC Tennis & Sports Club
References:	2 Referees will be required
DBS:	Satisfactory DBS check will be required
How to apply:	Covering letter + CV in email format to gym@atlanticracquetcentre.co.uk
Closing date:	Weds 31 st January
Interviews:	Mon 5 th – Fri 9 th February
Start date:	Ideally from Monday 12 th February