

# BodyLife Dynamics

## Fitness Instructor Work Scope

**Division/Department:** Wellness

**Location:** Cave Creek, Arizona

**Job Title:** Fitness Instructor

**Reports To:** Monique Rider

**Title:** President

**Level/Grade:** 004

**Type of position:**

- Full-time
- Part-time
- Contractor
- Intern

**Hours:** As agreed upon

- Barter
- Volunteer
- Exempt
- Nonexempt
- Commission

### Work Scope Overview:

BodyLife Dynamics is seeking certified instructors for personal training, yoga, pilates, fitness classes, and other activity classes in the Cave Creek, Arizona area.

### Expectations:

- To learn and teach assigned fitness classes to local client groups
- To provide on-site individual fitness services to local clients
- Attend virtual training/orientation to learn the company's products, services, and philosophy
- Available for periodic meetings via telephone or in person
- Sign an Independent Contractor letter of agreement and non-compete agreement
- Certified through a national personal training / yoga certification program
- CPR certified
- Must produce copies of the following documentation prior to signing on: capability statement and/or resume, validation of credentials, business license, proof of business insurance/liability insurance, work samples and other independent contractor documentation as requested

### Experience Requirements:

- Minimum of one year current experience working with individuals and groups in a fitness environment
- Minimum of one year current experience as an instructor in a fitness role
- Experience with fitness equipment and training methodologies
- Ability to conduct ones self in a professional manner
- Ability to meet physical requirements of position by participating in demanding activities
- 24-hour response time to phone messages and emails
- Ability to effectively manage groups of 6 – 36 people
- Education appropriate for the level of this position

**Other Skills/Abilities:**

- Honesty, integrity, reliability, and loyalty
- Outgoing, friendly, personable and professional
- Organizational and time management skills
- Motivated and self-directed
- Excellent soft skills (people skills, communication skills, conflict management skills, assertiveness, experienced in handling group dynamics)
- A high level of confidence and self esteem
- Experience in the area of wellness, stress management, personal growth, and/or workplace wellness or willingness to be trained in such
- Receptiveness to feedback from client or BodyLife Dynamics evaluations
- Detail oriented

Interested parties should send letter of interest, capability statement / resume, and three references to Monique Rider at: [Monique@bodylifedynamics.com](mailto:Monique@bodylifedynamics.com)

**Contact Information: BodyLife Dynamics Phone: 1.480.699.0527 Fax: 1.604.648.9111**

**Applicant Name: (please sign to acknowledge receipt of this document)**

**Date:**

**Approved By:**

**Title:**

**Date posted: 5/10/08**

**Date contracted:**