

# PULSE

HOUSE OF FITNESS



## Junior Coach

### WHO WE ARE

We are PULSE House of Fitness, an innovative, barrier breaking company that delivers smart, effective, group fitness classes with incomparable guest services and 5-star amenities. Our 30-minute classes are designed to accommodate any schedule, our coaches foster a high energy, inclusive experience and our food and beverage partners make sure you get to keep as much of your greatest resource, your time!

We have three core values at PULSE - providing our clients with the tools and coaches to leave each class feeling better than they did before; creating a positive environment for all guests and team members through innovation and education; and giving back to our local community by partnering with local businesses like ourselves.

### WHY WORK AT PULSE

We also believe in taking care of our people. We take pride in providing our team of coaches with the tools they need to succeed:

- Competitive pay
- Paid training and development courses
- Generous benefit packages
- Flexible schedules
- Positive working environment fueled by collaboration and teamwork

We're on the hunt for like-minded, talented entrepreneurs who are passionate and hungry for creating, developing, and executing unexpected ideas. If that sounds like

you, we'd like you to be a part of our team where you can have a front seat to the beginning of the next revolution in fitness!

## **THE JOB**

We have structured our studio such that each individual staff member, regardless of experience, will be trained in all aspects of running a successful studio. Structurally, staff will include three tiers of employees - senior coaches, junior coaches and team members. Salaries and course preferences (both in schedule and course difficulty) will be determined by tiers but all members will have the ability to fill-in for any other member. Junior coaches and team members will be required to work the front desk while senior coaches have the option. This will ensure our staff is always capable of pitching in where needed (and employees can earn extra hours when they prefer) and thereby create a collaborative working environment. We are therefore looking for junior coaches with the knowledge and experience to consistently deliver a five-star experience to each of our guests while also having the positive attitude of pitching-in in the name of teamwork.

## **RESPONSIBILITIES**

### Before Class

- Arrive and be rock star ready at least fifteen minutes before start of class, greeting guests as they arrive to create a positive and welcoming environment.
- Always introducing yourself to the group and explaining the class to any newcomers while making them feel confident in their choice to join. We want you to create an inclusive, positive group fitness experience that makes guests want to come back.
- Introduce any other staff members joining. The hope is to always have another team member joining the class to serve as both a visual aid to guests and to gain the instruction on how to properly execute the course itself. This will ensure that guests build relationships with all staff members and thereby encourage them to attend class even if you are out that day and another staff member is subbing.

### During Class

- Ensure class begins and ends on time.
- Adhere to the program guide of the class and modify the intensity for participants when necessary.
- Continuously monitor form and exercise completion in a group fitness setting while providing verbal and physical cues.
- Teach respective classes on a regular basis and keep subbing to a minimum.

- Be constantly innovating music, exercise selection, encouragement and class experience.

#### After Class

- Be available to guests for at least ten minutes after class has concluded. Encourage feedback and suggestions, particularly from the newcomers to ensure they return.

#### Other duties

- Commit to at least 10 hours/week working the front desk in addition to instructing classes.
- Strive to make the PULSE House class the best part of the guest's day!
- Include PULSE House of Fitness in personal social media presence
- Communicate with Fitness Director on guest feedback, equipment and operational status, scheduling, and subbing.

### **QUALIFICATIONS**

- Enthusiastic about group fitness classes and enjoy creating and delivering new, fresh and innovative group classes
- Must be eager to learn and excited to continue growing professionally. We're looking for like-minded individuals that are ambitious to grow themselves and those around them.
- Must be welcoming, vibrant, community driven and outgoing
- Must have access to regular email and phone communication
- Must complete 40 hour PULSE House of Fitness coach training
- Certifications or prior coach experience NOT required

### **TO APPLY**

To apply for this position, please submit your resume, cover letter, and list of references to [workout@pulsehousefitness.com](mailto:workout@pulsehousefitness.com). References should include either former clients or supervisors that can attest to your qualifications and experience as a fitness coach.

This is a full-time position, paid at a negotiably hourly rate with the possibility of overtime. All full-time employees are entitled to our generous benefits package, Complimentary club membership and discounts on services, products, and much more.

Please note that all candidates must be already authorized to work in the United States. PULSE House LLC is an equal opportunity employer.