



Job Title: Fitness Instructor (Grade 3)
Salary: £13,000 per annum
Hours: 37 hours (various)
Responsible to: Head of Sports and Fitness and Head of Operations

Job Purpose

To improve the quality of life of people in Belgrave and those involved with the Peepul Centre by;

- Ensuring the delivery of a high quality fitness/spa experience.

1. Responsibilities:

- Assist Head of Sports and Fitness and colleagues in the daily operations of the department.
- Actively promote and sell all membership options to raise profile of the department and demonstrate its value.
- Follow department procedures for health screening and gymnasium induction
- Ensure all Health and safety procedures are adhered to.
- To act as role model for colleagues within the department and assist the Peepul Centre in any task delegated by Management or Directors.

2. Key Tasks & Routines:

- Provide health screening and gym inductions.
- Manage daily work rota ensuring members needs are met
- Assist in completing cleaning, changing room and gymnasium checklists.
- Actively supervise both main gymnasium and Ladies only gymnasium.
- Lead group sessions within the gymnasium and studio.
- Assist in managing potential problems with members and payment issues.
- Assist in club promotional activities.

3. Performance Measures:

1. Completed cleaning/changing room and gymnasium checklists
2. In-house records updated monthly
3. Monthly membership sales targets achieved.
4. Quality of feedback from Team Leader and Head of Sports and Fitness.

4. Key Interfaces:

1. Peepul Centre business unit Managers and Senior staff of all Group companies
2. External suppliers and maintenance teams.

5. Experience Required:

1. University degree/Recognised fitness qualifications.
2. Minimum of one year within the industry.
3. Technical knowledge of class instruction and personal training.
4. Basic knowledge basic fitness testing including blood pressure monitoring
5. Technical knowledge of exercise programming
6. IT proficient in Flex and PTONet application.



Competencies / Skills required (above core):

- Interpersonal skills to handle colleagues, members and internal/external contacts.
- Communication skills to transform technical matters into lay person's language.
- Awareness of sales and promotional activity within the industry.
- Maintain and update knowledge of fitness techniques/knowledge.
- Willingness to assist in covering additional hours if requested.
- Presentation skills.
- Excellent PC skills.