

Job Title: STOTT Pilates Instructor

Location: Reh-Fit Centre, Winnipeg, MB

Position Type: Part-Time / Contract

About the Reh-Fit Centre:

At the Reh-Fit Centre, we believe in the power of movement to improve health and well-being. As a leader in health and fitness, our mission is to provide our members with personalized and comprehensive programs that support their journey to better health. Join our dynamic team in an environment where you can help people live healthier, more active lives.

Position Overview:

We are seeking a certified STOTT Pilates Instructor to join our team and deliver high-quality, safe, and engaging Pilates instruction to our diverse clientele. The ideal candidate will be passionate about fitness and wellness, with a strong commitment to helping individuals improve their mobility, strength, and overall health.

Key Responsibilities:

- Lead individual and group Pilates classes following the STOTT Pilates methodology.
- Instruct clients of various fitness levels, offering modifications and adjustments to meet individual needs.
- Ensure safe and effective use of Pilates equipment (Reformer)
- Build strong client relationships and foster a supportive environment that encourages progress.
- Assess client progress and offer feedback to support their fitness goals.
- Collaborate with other fitness professionals at the Reh-Fit Centre to provide comprehensive wellness solutions.

Qualifications:

- Certified STOTT Pilates Instructor (Matwork & Reformer certification required; Cadillac and other apparatus certifications preferred).
- Experience teaching Pilates in a fitness or wellness center setting.
- Strong communication and interpersonal skills.
- CPR and First Aid certification (or willingness to obtain).
- Ability to work with individuals of all ages and fitness levels.

How to Apply:

Please submit your resume and cover letter detailing your qualifications and teaching experience to Rhea Vaags-Olafson Director of Health and Fitness, rhea.vaags-olafson@reh-fit.com. We look forward to hearing from you and exploring how you can contribute to our team and community.