



Position Description: Yoga Instructor

The following provides a detailed description for the position of Yoga Instructor. Actual duties performed may vary slightly.

General Position Description

Yoga Instructor will provide various Yoga training services that offer members programs to maximize workout efficiency, improve fitness, increase stamina, enjoy their fitness experience and improve overall sense of well-being.

Responsibilities of the Position

- Develop safe, professional and comprehensive Yoga training programs to ensure clients are satisfied with their program and remain motivated to attain their fitness goals
- Monitor and instruct clients during Yoga training sessions
- Respond to member comments and suggestions in a timely and professional manner
- Consistently meet daily class attendance goals
- Arrive to studio 10 minutes ahead of scheduled start time to be available to interact with members, answer questions, inquire about their fitness progress, introduce and orient new participants and ensure class begins and ends on time
- Prepare appropriate music for class and ensure all equipment is functioning correctly
- Record proper attendance and time documentation in accordance with payroll procedures
- Attend all required staff meetings as necessary
- Prepare any incident/injury and/or witness reports as necessary
- Maintain a positive and professional attitude towards his/her responsibilities, fellow employees, and members
- Be an ambassador of Performance Health & Fitness and its programs and services

Responsibilities of all Positions

- Support and articulate the Company mission statement
- Adhere to company policies and procedures
- Ensure cleanliness of the club using all 5 senses:
 - Sight to ensure club is neat and orderly
 - Sound to ensure music/ sound levels are appropriate
 - Touch to ensure floors, countertops, etc. are clean and dry
 - Taste to ensure food & beverages in the café are up-to-standards
 - Smell to ensure the club is fresh and odor free

Required Skills & Prerequisites

Education

- High school diploma or GED required and 4-year degree in an exercise science or other fitness related field preferred.

Experience

- Minimum of 12 months of Yoga instruction experience.

Licenses / Certifications / Registrations

- Yoga Alliance Registered Yoga Instructor – 200 hour level (RYT-200)



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- Current CPR certification.
- Current AED certification.
- All C.E.U.'s and certifications must be kept current

Additional Skills

- Excellent interpersonal communication and customer service skills
- Must be willing to obtain certifications as defined by Company policy.
- Knowledge of safe exercise technique and group exercise principles
- Knowledge of basic physiology and body mechanics
- Ability to operate and troubleshoot audio equipment

Assigned Hours

- Must be flexible, early mornings, evenings, and weekends may be required. Schedule will be determined by Group Fitness Director.