

**JOB TITLE:** INDOOR CYCLING INSTRUCTOR

**REPORTS TO:** Director of Yoga & Cycling

**SALARY:** dependent on experience / \$30 – 75 per hour

**HOURS:** Part Time

**INTENTION:**

Seeking a top-notch, high-energy indoor cycling instructor who wants to join a team of professionals making a difference with every class. If you're a creative team player who's in to arriving early and staying late, you love to learn, and genuinely have something inspiring to share, contact me at [pam@mambasa.com](mailto:pam@mambasa.com).

**POSITION DESCRIPTION:**

The purpose of the Cycling Instructor is to lead world class indoor cycling experiences for our clients. Instructor has a genuine desire to teach indoor cycling and make it available to as many people as possible. Possesses the skills necessary to safely guide new and skilled riders alike in creating indoor rides that keep clients inspired, challenged and coming back for more. The Instructor must be able to effectively teach WATT based style classes utilizing Functional Threshold Power (FTP) and Energy Zone terminology.

**REQUIRED SKILLS AND EXPERIENCE:**

**ESSENTIAL:**

- Excellent work ethic, team player, reliability and ability to arrive a minimum of 15 minutes prior to class start times
- Desire and ability to work early mornings, late evenings and weekends
- Certification in Indoor Cycling Instruction
- Certification in Stages Flight training and instruction (on-site training provided).
- 2+ years of experience in "hands-on" work in a Fitness or Sports Performance facility
- CPR certified
- 12+ months experience providing customer service
- Excellent interpersonal, written and oral communication skills
- Intermediate level competency in Microsoft Office applications (Word, Excel, PowerPoint and Outlook)

**PREFERRED:**

- Certified in Performance Training