



Job Title: Fitness Instructor – Full Time

Job Summary

FYZICAL Therapy & Balance Centers | Granger is a medical based fitness and wellness facility offering Group Fitness, Personal Training, Massage, Physical Therapy Services, and so much more. Our current facility has been established in the Michiana Area for over 20 years. We are now relocating to a new, State-of-the-Art facility to facilitate health, fitness, and recovery in our community. Join us!

Mission, Values, and Service Goals

- **Mission:** Every day, we empower individuals to take control of their recovery and wellness through direct access to physical therapy, balance protocol, fitness, wellness, and healthy lifestyle products and services.
- **Vision:** To be the most trusted, accessible entry point for wellness and health.
- **Core Values:** Innovative Programs, Holistic Perspective Open Arms Philosophy
- **Brand Promise:** At FYZICAL, we create connections, delivering more than treatments and fitness plans. Connecting is the way to Love Your Life.

Job Responsibilities

- **Group Fitness Classes** – Responsible for planning and conducting group fitness classes in accordance with FYZICAL's offerings.
- **Personal Training or Fitness Coaching** – Successful candidate may perform Fitness Consultations, Fitness Planning, Coaching, and Progression of Fitness Goals.
- **Body Q** – Efficiently performing Proprietary Body Q Assessments and effectively communicating results to the client.
- **Wellness Services** – Perform orthotic screenings, Class IV Laser treatments, and additional services offered. Refer clients for wellness services.
- **Safety** – The fitness instructor will ensure a client's safety through constant communication and observation, offering modifications when appropriate.
- **Client Communication** – Create true connections with clients and community members to share your passion for fitness and wellness. You should engage in motivating, educational, and inclusive dialogue. Communications will occur in the clinic, through social media, and throughout the community. Successful applicant will work closely with FYZICAL team members, displaying excellent interpersonal and communication skills.
- **Community Outreach** – Attending local community events and health fairs, representing FYZICAL Therapy & Balance Centers in a professional manner. Successful candidate will be required to maintain a presence on social media, including promoting services offered by FYZICAL.

- **Clinic Care and Service** – Following all CDC and Health Department Guidelines to maintain a safe and sanitary workspace. Assist with maintaining the clinic's equipment and facility standards.
- **Growth** – Implementing and complying with FYZICAL's PTRx model through all client communications and actions.

Education and Experience

- Applicable experience of leading Group Fitness Classes is required.
- One year of related technical job experience in group fitness is preferred or 1 year experience in personal training and/or coaching.
- Certified Group Exercise Instructor with AFAA or ACE
- Certification in CPR
- Must earn FYZICAL's Body-Q, Class IV Laser, and Orthotic Screening Certifications within 30 days of employment.

Requirements and Skills

- Facilitate inspirational and motivational environment with strong leadership skills.
- Design relevant choreography and fitness routines that follow current trends.
- Regularly update choreography/music playlists to create a dynamic class experience.
- Requires the technical knowledge of exercise programming, selection, and progression to achieve maximum results.
- Requires the technical expertise to demonstrate a variety of correct exercise forms and techniques in accordance with nationally approved standards.
- Demonstrates the interpersonal and communication skills.
- Demonstrates knowledge of and a commitment to FYZICAL Therapy & Balance Center's mission, values, and brand promise.
- Ability to comply with FYZICAL's proprietary PTRx model.
- Ability to work within a team environment.
- Ability to guide and motivate a diverse client group with varying ages and fitness levels.
- Coachable and adaptable.

Compensation and Benefits:

- \$18 - \$28 per hour.
- Paid Holiday and PTO available.
- Incentive Program for sales and growth.
- Discounts on retail products and services.