

YOUR JOURNEY TO JOINING THE ALIGNED MOVEMENT DREAM TEAM STARTS HERE

INSTRUCTOR APPLICATION

ALIGNED MOVEMENT LLC

Full name: _____ Phone: _____

Email: _____ DOB: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Teaching Focus:

What classes do you teach?

Check all that apply

Yoga Mat Pilates Inferno/Hot HIIT Pilates

Primary teaching style(s):

Check all that apply

Vinyasa Power Vinyasa Slow Flow Yin Yoga w/ Weights

Hot Yoga Restorative Hot Pilates Pilates Pilates w/ Weights

Other: _____

Are you open to teaching multiple different styles?

Yes No

Certification & Training:

Yoga Certification

School/Program 1: _____

Hours: _____ Year Completed: _____

Style emphasis (if applicable): _____

School/Program 2: _____

Hours: _____ Year Completed: _____

Style emphasis (if applicable): _____

Pilates Certification

School/Program 1: _____

Total Hours Completed: _____ Year Completed: _____

Type of Pilates certification: _____

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School/Program 2: _____

Total Hours Completed: _____

Year Completed: _____

Type of Pilates certification: _____

Teaching Experience, Readiness, & Scope:

How long have you been teaching: _____

Where have you taught previously,
or where are you currently teaching? _____

What types of teaching experience do you have?

Check all that apply

- Beginner-level classes Mixed-level classes Advanced classes
 Small group classes Large group classes Private sessions

What class formats or styles are
you most confident teaching? _____

Are you currently teaching under a fully completed certification, or are
you in the process of completing one?

- Fully certified
 In training (Expected completion date: _____)

Availability:

What days are you available?

Check all that apply

- Monday Tuesday Wednesday Thursday
 Friday Saturday Sunday

Time availability (early mornings, daytime, evenings, etc.)

Monday - _____

Friday - _____

Tuesday - _____

Saturday - _____

Wednesday - _____

Sunday - _____

Thursday - _____

How many classes per week are you ideally looking to teach? _____

What date are you able to start? _____

Are there any schedule conflicts
we should know about? _____

Are you open to occasionally subbing for other
instructors when available?

- Yes No

Are you open to teaching consistent weekly classes?

- Yes No

Are you able to commit to a consistent teaching
schedule for the next 3-6 months?

- Yes No

Studio Expectations & Logistics:

- Are you able to arrive early to set up and stay after to reset the space? Yes No
- Are you comfortable completing light studio reset tasks after teaching? Yes No
- Are you comfortable following studio procedures to ensure the space is left clean, calm, and ready for the next class? Yes No
- If no receptionist is available, are you comfortable with opening and/or closing the studio? Yes No
- Are you able to manage basic studio logistics while maintaining a grounded and professional teaching presence? Yes No
- Are you comfortable teaching to Aligned Movement's brand and values? Yes No
- Are you open to receiving feedback and continuing to grow as an instructor? Yes No
- Do you have reliable transportation to and from the studio for scheduled classes and occasional coverage needs? Yes No
- Do you currently hold a valid CPR Certification (required), or are you willing to obtain one if hired? Yes No

Alignment with Aligned Movement:

Have you ever taken a class before at Aligned Movement? Yes No

Why are you interested in teaching at Aligned Movement?

What does "creating a welcoming and grounded space" mean to you as an instructor?

How would you help a first-time member feel comfortable the moment they walk through the door?

What kind of energy or experience do you hope students feel when they leave your class?

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Teaching Philosophy & Presence:

How would you describe your teaching style?

How do you support students of varying abilities and experience levels?

How do you balance cueing alignment, breath, and flow or sequencing?

How do you hold space while maintaining clear boundaries and professionalism?

Audition/Demo Class(es):

Are you open to teaching a demo class?

Yes No

Preferred format for demo: _____

Final Reflection:

Is there anything else you'd like us to know about you, your teaching, or your journey?

*Please attach any certificates with the submission of your application.