

JOIN OUR FITNESS FAMILY

Inspire
Motivate
Make a
Difference

ENERGY
COMMUNITY
FITNESS
FAMILY

**JOB TITLE: GROUP FITNESS INSTRUCTOR
(PART-TIME & SUBSTITUTE POSITIONS)**



ABOUT US

At our gym, we aren't just a place to sweat—we are a community. We pride ourselves on our warm, welcoming, **family gym culture** where everyone knows your name and supports your fitness goals. We are looking for exceptional, friendly, and **high-energy instructors** to join our fitness family and inspire our members!



POSITION TYPE & COMPENSATION

- **Job Type:** Part-Time and Substitute / Cover roles available
- **Pay Rate: \$20.00 – \$40.00 per hour** (Based on experience, format and class turnout)
- **Growth Opportunity:** Potential to take on Personal Training clients for additional hours and income. Personal Training Certification Required (NASM, ACE, ACSM, etc.)



WHAT WE ARE LOOKING FOR

If you have a magnetic personality, a passion for helping others, and can bring serious energy to the studio, we want you! We are seeking versatile instructors with specialized experience in **one or more** of the following formats:

- Cardio Kickboxing
- Dance / Zumba
- Spin / Indoor Cycling
- Pilates / Stretch / Yoga
- Barre

BRING
YOUR ENERGY.
SHARE YOUR
PASSION.

TRIANGLE FITNESS

KERNERSVILLE, NC

24 HOUR GYM



KEY RESPONSIBILITIES

- **Lead dynamic, high-energy group classes** that accommodate members of all fitness levels.
- **Build authentic connections** with members, welcoming newcomers and fostering our family community.
- **Motivate and inspire** participants to reach their goals safely while keeping the environment fun and educational.
- **Arrive early** to set up equipment, greet members, and ensure the studio is clean and safe.



QUALIFICATIONS & SKILLS

- **High energy, positivity, and a friendly demeanor** are absolute musts.
- **Valid certification** in your specific group fitness format (e.g., Zumba, Spin, Pilates, Barre) or a national certification (ACE, AFAA, NASM, etc.).
- **Personal Training Certification** (NASM, ACE, ACSM, etc.) is a major plus.
- **CPR/AED certification** (or willingness to obtain it within 30 days).



WHAT WE OFFER

- Competitive **hourly pay** with additional earning potential through personal training.
- **Free gym membership** and **discounts** for family members.
- A supportive, positive, and fun working environment where you are treated like family.



HOW TO APPLY

Ready to bring your spark to our team?

Send your resume, your certified formats, and a short note about why you'd be a great fit for our family culture to trianglefit@yahoo.com or apply directly at our location
905 Old Winston Rd. Kernersville, NC 27284
336-993-7247



**STRONGER
TOGETHER**

**REAL PEOPLE. REAL SUPPORT.
A STRONGER YOU.**