

## **Job Description:**

### **Valley Rock Gym Yoga Instructor**

#### **General Description**

The Valley Rock Gym (VRG) is a dynamic and multifaceted gym focused on climbing, community, education, and wellness. VRG yoga instructors teach creative classes that focus on building strength, endurance and flexibility, while leaving space for freedom of expression and adapting to the students in the room.

#### **Job Responsibilities**

- **Instruction:** Maintain at least one permanent class on the weekly schedule; Teach creative and motivating classes; Explain and demonstrate proper techniques, exercises and modifications; Create a welcoming class environment for all fitness levels; Encourage and motivate class members
- **General:** Allow extra time to connect with students; Perform basic maintenance of studio (mopping, organizing equipment, etc. as necessary); Demonstrate a commitment to principles of justice, equity, and inclusivity

#### **Required Qualifications**

- Ability to engage respectfully with students
- Ability to work independently and be self-motivated
- 200 hour Yoga Certification from a nationally recognized organization
- Willingness to receive and give feedback in a constructive manner
- Commitment to fostering an inclusive community
- Current First Aid & CPR
- Must carry own liability insurance

#### **Preferred Qualifications:**

- Climbing experience and knowledge
- Additional specialty certifications
- 1 year minimum teaching experience

#### **Work Hours:**

- Minimum 1 hour class per week
- Ability to sub for other classes once a month
- **We are looking for someone to teach a yoga class on Wednesdays at 6:45pm**

#### **Compensation, Benefits and Perks:**

- Contract work: \$30 per class
- Facility Membership
- Discount on VRG retail shop
- Access to pro-deals through our outdoor industry partners

**Application Instructions:**

To apply, please email your 1) resumé 2) cover letter and 3) references to:

[sarah@valleyrockgym.com](mailto:sarah@valleyrockgym.com)

Applications will be reviewed in the order received and the position is open until filled.