

Job Description:
Valley Rock Gym Fitness Instructor

General Description

The Valley Rock Gym (VRG) is a dynamic and multifaceted gym focused on climbing, community, education, and wellness. VRG fitness instructors teach a variety of 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; Provide adequate warm-up, exercises, stretching, and cool down; Explain and demonstrate proper techniques, exercises and modifications; Create a welcoming class environment for all fitness levels; Encourages and motivates 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 guests
- Ability to work independently and be self-motivated
- Fitness instructor or trainer certification (ACE, AFAA, NSCA, NASM, etc.)
- 200 hours minimum of group or personal fitness instruction or training
- 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
- Experience leading climbing-specific fitness programs
- Additional specialty certifications

Work Hours:

- Minimum 1 hour class per week
- If the fitness instructor desires extra work hours, there is the possibility of also being hired as floor staff if they meet the necessary qualifications. See the “Valley Rock Gym Floor Staff” job description for more details and please note your interest in both positions in your cover letter.

Compensation, Benefits and Perks:

- Contract work: \$30-50 per class D.O.E.
- Facility Membership
- Discount on VRG retail shop
- Access to pro-deals through our outdoor industry partners

Valley Rock Gym is committed to building a team that represents a variety of backgrounds, identities, perspectives, and skills. We recognize that inclusivity strengthens our work and community.

Application Instructions:

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

jobs@valleyrockgym.com

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