

# Pilates Instructor

## Description

Under the direction of the Outreach and Wellness Coordinator, Outreach and Wellness Manager, or other assigned staff, the Pilates Instructor provides class participants with a well-designed, physically safe program to serve the needs of the citizens of Urbana.

As a Pilates Instructor, you will provide cutting-edge fitness instruction through a variety of entertaining and educational methods to promote fitness and positive self-esteem in a safe environment for all participants. You will act as a fitness resource for class participants. Maintain positive relationships with members to encourage continued class attendance.

## Essential Duties and Job Responsibilities

- Working at the skill and learning level of a particular class, demonstrates skills and explains them clearly to class participants, remembering safety at all times (including equipment usage, exercise modifications, or contraindicated movements)
- Provide Pilates instruction that appeals to members of all ages and activity levels, working with individual participants to enable them to correct faults, improve self image, provide all necessary modifications, and progress their skills or abilities
- Achieve daily class attendance goals by developing strong relationships with current class participants and striving to attract new participants.
- Offer challenging and educational Pilates routines to help members reach their health and fitness goals
- Prepare teaching area with necessary equipment and returns all teaching equipment to proper storage at the conclusion of each class.
- Performs basic class administration; including keeping accurate attendance, incident reports (as needed), accurately and efficiently submitting timesheets, and equipment requests

## Location

Health and Wellness Center Group Fitness Room, Urbana, IL

## Qualifications/Required Skills

- Currently possess a minimum of one nationally recognized Group Exercise Certification for Pilates (Required)
- At least one-year experience as a fitness instructor (Preferred)
- CPR/AED certification
- High school diploma or GED
- Possess good speaking ability, and display an outgoing personality, enabling positive relationships with class participants
- Ability to individually lead a class, respond to safety and emergency situations, motivate and educate class attendees, and set up, move and store class equipment

## Physical Effort and Work Environment

- Ability to move quickly
- Carry objects up to 30 pounds
- Stand/Walk for long periods of time
- Exerting sustained physical effort including- bending, reaching, squatting, crouching/kneeling, jumping, running, pushing/pulling/lifting/carrying objects and/or moving for the duration of the class or classes.

*Date Written: 2024*

*Date Revised: January 2026 kkm*

**Schedule**

Dependent upon which classes you are selected for, and your own availability. Classes run Monday through Sunday, with morning, afternoon and evenings.

Substitutes are needed for every class. The substituting schedule depends on the timing needs of our instructors. You can be on the substitute list in addition to being a regular instructor or only serve as a substitute as your schedule allows.

**Pay Range**

\$18.00+/hour (dependent upon qualifications and/or experience)

Applicants must pass a background check prior to employment.