

Evolve Studio Fitness Instructor - Dance



At Regent's University London, we have a bold mission of reimagining education, and we're looking for talented and passionate people to help us do that. We're ambitious, collaborative and curious in how we approach our work, each other, and the education we give our students.

Nestled in the heart of royal Regent's Park, Regent's offers a premium experience for staff and students. We champion an environment that cultivates possibility for everyone in our community.

Job description

Position details

Job title:

Evolve Studio
Fitness Instructor -
Dance

Department:

Student Experience

Line Manager Job Title:

Sports Officer

Job purpose

As part of Regent's University London Evolve Fitness Programme, provide safe and effective fitness sessions for either one or more disciplines, including; HITT (No equipment body conditioning), Barre Dance, Boxing, Yoga and Sculpt.

The Regent's Way is a set of principles that guide our work and celebrate our unique offering – our strengths, our challenges and our commitment to continuous improvement.



Main responsibilities

1	Coordinate and lead weekly groups fitness classes in either one or more of these disciplines: HITT (No equipment body conditioning), Barre Dance, Yoga, Boxing and Sculpt.
2	Design and implement suitable warm-up and cool-down routines for each class to prepare the participants for the workout.
3	Lead dynamic and engaging workout sessions tailored to improve cardiovascular fitness, muscular endurance and strength of participants.
4	Create a vibrant and motivational environment, which encourages and inspires a greater level of physical and recreational engagement.
5	Undertake training appropriate to the role, including engagement and promotion.
6	Achieve targets of class occupancy and good instructor feedback from participants.
7	Work with the Regent's Sports Officer in the preparation of the running of each session.
8	Stay updated on the latest fitness trends and best practices to continually enhance the fitness program offerings.
9	Take responsibility for personal conflicts of interest and declaring, recording and managing these appropriately.
10	Administer Basic First Aid when required and record and report back of any incidents to the Sports Officer.
11	Contribute to building a vibrant campus community by taking real accountability, collaborating with colleagues across the university and constantly adding value. Foster an inclusive, sustainable and safe environment for all through our EDI, Health and Safety and B-Corp initiatives and policies.
12	To undertake any other duties that may reasonably be requested appropriate to the grade and responsibilities of the post.

Person specification

1. Position details

Job title: Evolve Studio Fitness Instructor - Dance
Department: Student Experience
Line manager job title: Sports Officer

2. Person requirements

Job requirements	Assessment criteria	
	(e)ssential	(d)esirable
Qualifications & training		
Specific qualifications necessary to the specific fitness activity.	E	
First Aid.	E	
DBS Certificate.		D
Experience		
Minimum of two years' experience as a fitness instructor, involving the responsibility of participant's progression throughout the course of a block of sessions and the delivery of weekly sessions which are tailored to the needs of the group.	E	
The ability to effectively recruit and retain participants throughout the sessions and beyond.	E	
Experience of instructing a range of abilities and young adults.	E	
Knowledge, skills & competencies		
Effective communication skills and the ability to build good relationships with performers, coaches, and administrators.	E	
Proficient planning and organisational skills with the ability to plan and organise to help the student's and coaches in teams and matches.	E	
The ability to analyse and evaluate technique effectively, with in depth knowledge of tactical and technical components of the practice.	E	
The ability to adapt and change sessions and practices to meet the needs of individuals.	E	
General attributes & personal qualities		
An effective leader, with the ability to motivate and engage participants.	E	
Highly motivated with the ability to proactively undertake tasks.	E	
Punctual and reliable.	E	