**JOB DESCRIPTION**

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| **Job Title:** | **Reformer Pilates Instructor** |
| **Reporting To:** | Reformer Movement Co-ordinator / Duty Manager |

**Background**

Hillbrow Health and Wellbeing has been formed through a partnership between Wave Active ltd, and South Downs Health and Care GP Federation.

Wave Active is a Charity and Social Enterprise managing leisure sites across the Lewes District and Eastbourne Borough and is passionate about providing services and opportunities that support individuals to gain, regain or maintain positive health, fitness and wellbeing.

South Downs Health and Care is a Social Enterprise owned by the GP practices of Eastbourne, Hailsham, Seaford, Lewes, High Weald and Bexhill. SDHC Vision is to enable every person to live their best life. SDHC is CQC registered and runs NHS community healthcare services.

**What is Hillbrow Health and Wellbeing?**

Hillbrow is a healthy living, activity focused, leisure and sports centre offering connected healthcare provision under one roof, enabling the best possible health and wellbeing in the community.

By linking resources between NHS Primary Healthcare Services and Community Leisure, GPs and Healthcare Teams can collaborate with leisure support staff to provide proactive and dynamic care under one roof. The focus is on person-centred care, with an emphasis on positive outcomes for physical, mental and emotional wellbeing.

The goal is to change the way clinical and leisure health focused professionals work together on a daily basis to improve the health of the local community.

**How?**

Bringing together leisure facilities and activities, with NHS General Practice and Primary Health care, services and delivering co-ordinated personalised interventions to the heart of the local community.

**Collaboration**

Wave Active is an award-winning charity and social enterprise, supporting our local communities with facilities, activities and services, to inspire active lifestyles.

Wave’s purpose is to *“****Inspire Active Lifestyles****”* and our vision is *“****To be at the heart of the improvement of health and wellbeing in the Community****”*.

SDHC is a social enterprise owned by the GP practices of Eastbourne, Hailsham, Seaford, Lewes, High Weald and Bexhill.

SDHC’s vision is **to enable every person to live their best life**.

SDHC is CQC registered and runs NHS community healthcare services with the vision to enable people to live their best lives.

**Opportunity**

By linking resources between NHS Primary Healthcare Services and Community Leisure, GPs and Healthcare Teams can collaborate with leisure support staff to provide proactive and dynamic care under one roof. The focus is on person-centred care, with an emphasis on positive outcomes for physical, mental, and emotional wellbeing. This is achieved through

effective treatment, including encouraging participation in relevant and appropriate physical activity. The goal is to change the way clinical and leisure health professionals work together on a daily basis to improve the health of the local community.

**The Post in Context**

Reformer Pilates is being introduced to Hillbrow under the brand name of “Reformer Movement”. Whilst located at Hillbrow, this specialist activity is not just for members and as such is not included within the Hillbrow Membership. Sessions can be accessed by members and non-members purchasing a single or a block of sessions. Discounts will be applied for members of Hillbrow and for those purchase a block of sessions.

**Purpose of the Role**

Your role will be to deliver high quality Reformer Movement (RM) sessions ensuring an excellent standard of instruction and care for the equipment and the RM environment.

You must be passionate about delivering excellence, encouraging participation from a wide age demographic and ability level creating an amazing and memorable experience.

You must possess strong coaching attributes and be able to adapt sessions towards varied abilities.

We are looking for dedicated individuals who have the confidence to engage with our customers and motivate them in a safe and fun environment, all of which underpin our principle of enabling the best possible health and wellbeing in the community. You will have the key roles of helping our members and customers achieve their personal health journey goals and aiding membership retention.

You must be reliable, punctual, adaptable, and flexible with a passion for the belief in the power of physical activity to improve health and wellbeing.

You will deliver classes in line with our policies and procedures, ensuring a safe environment for all attendees.

**Main Duties**

1. Educate members on correct exercise techniques and offer modifications / progressions / regressions where required in line with your class style.
2. Ensure your participants’ safety and enjoyment your number one priority.
3. Deal with a diversity of individuals and encourage participants to feel successful.
4. Communicate with people of all age groups.
5. Effectively demonstrate all skills / exercises being taught to participants.
6. Convey warmth and genuine interest for participants, make eye contact, smile, use participants names and personalise the workout even in a large class.
7. Be outgoing, energetic, and able to perform in front of an audience.
8. Operate sound system equipment accordingly, with music at sound levels that are appropriate to class type and intensity, but also safe for participants.
9. Where applicable, follow formatted programs according to license requirements and/or Hillbrow’ s request.
10. Be proactive in promoting events and new innovations across Hillbrow.
11. Working to a high legal and ethical standard at all times, particularly in relation to issues such as child safeguarding and health and safety requirement.
12. Accept that Hillbrow marketing department will, at times, require imagery for advertising purposes and an instructor’s profile for promotional activities.
13. Clean equipment and environment as required after use and between sessions.

I agree to accept this Job Description.

**Name:** ……………………………………………………………………………………………

**Signed:** ……………………………………………………………………………………………

**Date:** ……………………………………………………………………………………………

**PERSON SPECIFICATION: REFORMER PILATES INSTRUCTOR**

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|  | **Essential** | **Desirable** |
| **Experience** |  | * Minimum of 1 year’s teaching experience
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| **Qualifications** | * Reformer Pilates Qualification
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| **Knowledge, Skills and Competencies** | * Educate members on correct exercise techniques and offer modifications / progressions / regressions where required.
* Make your participants’ safety and enjoyment your number one priority.
* Ability to deal with a diversity of individuals and encourage participants to feel successful.
* Ability to communicate with people of all age groups.
* Ability to effectively demonstrate all skills / exercises being taught to participants.
* Manage in class feedback.
* Actively promote the Reformer Movement Classes
* Maintain a clean, organised and safe studio environment.
* Promote sales of Merchandise
 | * Ability to cover classes across various sites in the future
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| **Personal Attributes** | * You will also need to be reliable, punctual, adaptable, and flexible with a passion for bringing a healthier, fitter lifestyle to our customers
* Strong communication skills
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