



## **CYCLE INSTRUCTOR**

**LOCATION:** The Studio HQ, South Hobart, Tasmania

**EMPLOYMENT TYPE:** Casual

### **ABOUT THE STUDIO HQ**

The Studio HQ is Hobart's premier boutique Pilates and group fitness studio, dedicated to providing personalised fitness experiences. Known for our expert-led classes, supportive community, and vibrant spaces, we offer a variety of group fitness methods, including Reformer Pilates, Mat Pilates, Barre, Yoga, and Cycle. We are also home to The Strength Studio, Hobart's newest destination for Strength Training.

We are searching for an enthusiastic and passionate Cycle Instructor to join our dynamic team. If you're someone who thrives on inspiring others, loves creating high-energy group fitness experiences, and is committed to helping clients achieve their fitness goals, we'd love to hear from you.

### **THE ROLE**

As a Cycle Instructor, you'll be responsible for leading dynamic and engaging group Cycle classes that cater to a range of fitness levels. Your role will involve motivating members through high-energy playlists, expertly guiding them through safe and effective rides, and building a fun and encouraging atmosphere that leaves a lasting impression.

Our ideal candidate will have experience in group fitness instruction (specifically teaching cycle), a passion for health and wellness, and the ability to create an unforgettable experience that keeps members coming back for more.



## **KEY RESPONSIBILITIES**

- Deliver high-energy Cycle classes tailored to suit beginner to advanced participants.
- Create and maintain fun, engaging playlists to elevate the class experience.
- Inspire and motivate members with your enthusiastic and approachable coaching style.
- Provide clear instructions on technique, form, and resistance adjustments to ensure members ride safely and effectively.
- Build strong relationships with participants and foster a sense of community within the studio.
- Assist in maintaining the cleanliness and organisation of the Cycle studio to create a welcoming environment.
- Stay current with group fitness trends and techniques to keep classes fresh and innovative.

## **ABOUT YOU**

- Certification in group fitness instruction or Cycle-specific training (e.g., Les Mills RPM, Cycle Excel, or equivalent).
- Current First Aid and CPR certification.
- A passion for fitness and creating inspiring group workout experiences.
- Excellent communication and interpersonal skills, with the ability to connect with a diverse range of participants.
- Proactive, energetic, and approachable attitude.
- Flexibility to work a range of hours, including early mornings, evenings, and weekends.
- Experience in group fitness instruction, particularly Cycle, is highly desirable.

## **WHAT WE OFFER**

- The opportunity to lead classes in a vibrant, boutique studio environment.
- A supportive, team-focused workplace culture.
- Access to ongoing professional development, including training and certifications.



- Competitive remuneration based on experience and qualifications.

**SOUND LIKE YOU?**

Please complete the [application form](#) on our website. If you have any questions, you can reach out to us at [recruitment@thestudiohq.com.au](mailto:recruitment@thestudiohq.com.au)