

Part-Time Mobility Instructor Job Profile

Company: CrossFit Green Leaf

Location: Dallas Fort Worth Area

Job Title: Part-Time Mobility Instructor

Job Description:

CrossFit Green Leaf is seeking a knowledgeable and enthusiastic Part-Time Mobility Instructor to join our vibrant team. The ideal candidate will have a passion for improving functional movement and flexibility, helping our members enhance their performance, prevent injuries, and recover effectively. Your expertise in mobility and dedication to fostering a positive environment will be integral to the success of our community.

Key Responsibilities:

- **Conduct Mobility Classes:** Lead group and individual mobility sessions, focusing on improving range of motion, flexibility, and functional movement patterns.
- **Develop Mobility Programs:** Create and implement effective mobility routines tailored to the diverse needs and abilities of our members.
- **Educate Members:** Provide education on the importance of mobility, proper stretching techniques, and self-care practices to enhance overall fitness and well-being.
- **Monitor Progress:** Assess and track member progress, offering personalized adjustments and feedback to help them achieve their mobility goals.
- **Promote Injury Prevention:** Collaborate with CrossFit trainers to integrate mobility work into regular fitness programs, aiming to prevent injuries and enhance performance.
- **Engage with Community:** Participate in gym events, workshops, and community outreach programs to promote the benefits of mobility and flexibility training.
- **Maintain a Safe Environment:** Ensure a clean, organized, and safe space for all mobility sessions, properly handling and storing equipment.

Qualifications:

- **Certification:** Relevant certification in mobility, flexibility, or related field (e.g., NASM, FRC, Yoga Alliance) required.
- **Experience:** Previous experience teaching mobility or flexibility classes in a fitness or wellness setting preferred.
- **Knowledge:** Strong understanding of anatomy, physiology, and effective mobility techniques.
- **Communication Skills:** Excellent interpersonal and communication skills, with the ability to inspire and motivate members.
- **CPR/AED Certification:** Current CPR/AED certification or willingness to obtain.
- **Trainer Insurance:** Must hold valid professional liability insurance.

Benefits:

- Competitive hourly wage \$25/hr.
- Access to gym facilities and classes.
- Opportunity for professional development and continuing education.
- Collaborative and supportive work environment.

How to Apply:

Interested candidates should submit their resume, a brief cover letter detailing their experience and approach to mobility training, and a copy of their relevant certification to crossfitgreenleaf@gmail.com.

Join our team and help us enhance the well-being and performance of our members through the power of mobility!