

Active Lambeth - Fitness Instructor

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Company: Lambeth

Location: United Kingdom

Category: other-general

Active Lambeth - Fitness Instructor (Aerobics, Pilates, Yoga)

Flexible Contract, £

About Us:

It is an exciting time to join Lambeth Council, we have bold ambitions for the future of Lambeth's communities and residents through our To deliver on these ambitions, we have embarked our transformational One Lambeth Programme ensuring we are 'connected by purpose,' in everything we do to deliver excellence. We are proud to have recently developed a refreshed set of One Lambeth Values and Behaviours that were develop for staff by staff; Equity, Ambition, Kindness, and Accountability. For more information, please have a look at our dedicated

About The Role:

A fitness instructor's role includes planning, instructing and evaluating gym-based inductions and on-going client/member programmes. They should also assist more qualified instructors in the delivery of personal training programmes. A fitness instructor should also actively encourage potential clients/members to join adhere to regular exercise programmes, employing appropriate motivational strategies to achieve this.

Key Accountabilities:

Analysing information relating to individual clients.

Identifying and agreeing basic short-, medium- and long-term goals.

Planning, instructing and evaluating safe and appropriate gym-based exercise sessions.

Providing one –to–one or group inductions and general exercise programmes, including the introduction to new equipment where appropriate.

Selecting relevant exercises and designing appropriate programmes which address safety at all times.

Producing suitable programme cards for a range of clients/members.

Suggesting relevant exercise adaptations to allow for individual client difference or needs.

Using logical and progressive teaching methodologies to introduce a range of exercises in relation to client goals.

Selecting and/or correctly demonstrating a variety of cardiovascular and resistance training methods that can be used by clients/members.

Providing clients/members with general advice on how to progress their individual programmes.

Providing assistance to clients/members at all times in order to correct unsafe technique where required.

To positively interact and motivate clients/members using appropriate strategies in order to promote retention and adherence to exercise.

Acting as a positive role model at all times for all clients/members and staff.

How to Apply:

If you're interest in this opportunity, click on the apply button and complete an online application.

In your supporting statement, please clearly demonstrate how you meet the shortlist criteria marked with an 'A' at shortlist stage. **We operate an anonymised application process, so be sure to remove personal details when uploading your CV or personal statement.**

At Lambeth, we are dedicated to providing quality services and equal opportunities for all.

We are committed to safer recruitment and are proud to be a Stonewall diversity champion, a Living Wage Employer, and to guarantee interviews for all disabled candidates who meet

the minimum criteria of the role. For a full list of our accreditations,

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Cross References and Citations:

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