



# JOIN OUR INSTRUCTOR TEAM

BEAT is Lausanne's first pay-as-you-go fitness studio offering 45-minute Spinning, HIIT and Yoga workouts.

We are seeking passionate, positive, energetic team players who will motivate our community to make healthy living a habit.

If you are passionate about the latest fitness, lifestyle and music trends and believe that being healthy is essential to happiness, then we want to hear from you.

Many of us have a love/hate relationship with fitness.

We love the feeling of getting fit, but hate the feeling that we're just ticking a box, going to the gym out of obligation or guilt.

We love to feel part of a fitness community but hate the anonymous soulless big box gyms.

Can you help our community fix its relationship with fitness?

Motivational Instructors, exceptional Hospitality and a genuine feeling of Community transform working out from an obligation to a destination.  
From a chore, to a date in the diary that we can't wait to keep.  
From anonymous to a sense of belonging.

At BEAT every class is unique.

You will lead our community through a physical and emotional journey each and every class.

As a BEAT instructor you will be responsible for creating individual playlists and corresponding workouts each week.

We are seeking instructors for our RIDE, HIIT, FLOW & BARRE classes.

If you have a zest for life and a passion for healthy living then we'd love to hear from you.

# WORKOUTS

## RIDE

RIDE is our high-intensity, low-impact spinning class that strengthens and tones, burns calories and reignites your mind.

You do not need previous experience as a spinning instructor, but a passion for music and fitness as well as a charismatic personality that motivates others is essential.

## HIIT

HIIT is our full-body High Intensity Interval Training workout that combines explosive cardio, body weight and functional training moves to improve strength, agility and speed.

You are a qualified group fitness instructor who knows how to help individuals exceed their own expectations within a collaborative team environment.

## FLOW

FLOW is our energizing and dynamic Vinyasa flow yoga class that increases flexibility, strength and mobility to a backdrop of beats that make you move.

You are a +200 hour RYS certified yoga instructor who believes that if we commit to smiling, sweating and taking yoga a little less seriously the world will be a better place.

## BARRE

High energy hybrid workout inspired by ballet, Pilates, yoga and functional training to sculpt, strengthen and lengthen.

You are a qualified Pilates, Barre or Dance instructor who has a passion for precise movement and alignment and knows how to guide people through rhythm, creative choreography while motivating them to push past their edge.

# WHO WE ARE LOOKING FOR

## RESPONSIBILITIES

Objective: provide an exceptional customer experience with an NPS of 9+

- Attend mandatory BEAT Fitness Academy – our Instructor Training Programme
- Prepare class content and music – each class in unique
- Prepare monthly Spotify Playlists
- Attend 4 refresher courses per year to demonstrate obtained skills and knowledge
- Ongoing continuing education and personal review

## REQUIREMENTS

- Zest for life: Friendly, professional, positive, can-do attitude
- Maintain the distinct BEAT Fitness aesthetic, appearance, atmosphere and culture
- Passion for Fitness and Music
- Ability to create motivating playlists
- Proficient in iTunes / Spotify
- Your own reliable source of music
- Previous fitness teaching experience is a plus
- First Aid / CPR Certification
- Commitment to exceptional customer service
- Positive, initiative taking attitude
- Excellent communication skills
- Flexibility to work a non-traditional schedule
  - Availability for early morning, lunch or evening and weekend shifts.
- Fluent English and French
- Valid Swiss Work Permit

## REQUIREMENTS FOR BARRE APPLICANTS

- Certification in Barre, Pilates or Dance
- Knowledge of Anatomy of movement for safe alignment, precision and injury prevention
- Affinity for rhythm & musicality
- At least 1 year of experience in teaching to music

# HOW TO APPLY

Please apply by sending the following mandatory documents to [hello@beatfitness.ch](mailto:hello@beatfitness.ch)

- Covering Letter - 1 Page (including your availability to teach)
- CV - 1 Page
- Your Short Story Video - 60 seconds

## YOUR STORY

Please answer the questions below in a short 60 second video:

1. What's your story?
2. What do you love about fitness?
3. Why do you want to be part of our team?
4. What's your favorite track to work out to at the moment? Why?
5. What was the last adventure you went on?

Please keep it short and sweet: 60 seconds max. for the video and 1 page for each of CL/CV  
If your video file is large use wetransfer to send to [hello@beatfitness.ch](mailto:hello@beatfitness.ch)

## AVAILABILITY

Please familiarise yourself with our [online timetable](#) and indicate your availability in your covering letter in the following format:

	MON	TUE	WED	THU	FRI	SAT	SUN
Early AM							
Lunch							
PM							

## BEAT FITNESS AUDITIONS

After reviewing your application if you meet the requirements we will invite you to the next available BEAT Fitness Instructor Audition.

If you pass the audition you will be accepted into the BEAT Fitness Academy, our mandatory in house Instructor Training Programme where you will learn the BEAT Fitness methodology.