



# Mardyke Arena

UNIVERSITY COLLEGE CORK

## **Job Opportunity: Fitness Class Instructor and Personal Trainer**

Mardyke Arena UCC is seeking a part time Fitness Class Instructors to teach on Tuesday and Thursday evenings and Personal Trainer. This is a fantastic opportunity for fitness enthusiasts.

This role is ideal for individuals who are passionate about fitness, have excellent communication skills, and are motivated to inspire others on their fitness journey on a 1-2-1 or group setting

### **Key Responsibilities:**

- Teach a wide variety of classes such as Aerobic, Step, Indoor Cycling, Conditioning, HIIT (speciality classes such as Zumba, Yoga, Pilates is an advantage)
- Ability to teach mixed levels within a class and assist members where needed.
- Assist members and adjust activities for those ranging from beginners to advanced.
- Provide support to members, ensuring a positive and motivating workout experience.
- Promote Health and Safety: Adhere to safety guidelines and ensure the well-being of all members during classes and gym activities.

### **Qualifications and Skills:**

- Fitness Instructors Certification - REPS Ireland registered- Essential
- A Valid First Aid Certificate – Desirable
- Personal Trainer Certificate- REPS Ireland Registered- Essential

### **What We Offer:**

- Competitive salary
- 20days annual leave (pro-rata) + company days (pro-rata to max. 3 days) at Christmas
- Pension and sick pay schemes (T&C's applicable)
- Paid lunch breaks
- Sunday & Bank Holiday allowances
- Free access to Arena facilities
- Ongoing training and career development
- Staff uniform (where applicable) & parking

To apply, send your CV to **Liz Dillon Moloney** at [lizmahr@ucc.ie](mailto:lizmahr@ucc.ie) by **Thursday 30<sup>th</sup> January 2025**.