



Job Title: Full-Time Gym Instructor

Location: Mardyke Arena, University College Cork (UCC)

Contract: Full-Time

Role Summary

The Gym Instructor will provide a high-quality fitness service to members of Mardyke Arena by supervising the gym floor, delivering fitness inductions and programmes, and ensuring a safe, welcoming, and professional environment.

Key Responsibilities

- Supervise gym floor activity and ensure safe use of equipment
- Deliver gym inductions, fitness assessments, and exercise programmes
- Support and motivate members to achieve fitness goals
- Maintain high standards of health, safety, and cleanliness
- Deliver group exercise classes where qualified
- Assist with day-to-day gym operations and customer service
- Work as part of a team across a flexible rota including evenings and weekends

Essential Requirements

Recognised fitness qualification (Level 3 / REPs Ireland or equivalent)

Minimum 2 years' experience working as a gym instructor

Strong communication and customer service skills

Knowledge of gym health and safety procedures

Flexible availability

Desirable

Group exercise qualification

Experience in a large or multi-use fitness facility

Current First Aid, CPR, and AED certification

What We Offer:

Competitive salary, 20 days annual leave (pro-rata)

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, please send CV to Claire Murphy- Gym Manager at Claire.murphy@ucc.ie by 16th January.