



Job Title: Part-time Gym Instructor (10 hours with availability for cover)

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, send your CV and Cover Letter to MardykeHR@ucc.ie by Monday 12th October.

Mardyke Arena UCC is an equal opportunity employer. We celebrate diversity and are committed to creating an inclusive environment for all employees.