

Mardyke Arena UCC

Job Description

Job Title:	Class Instructor	
Department:	Gym	
Reports To:	Gym Manager	
Location:	Mardyke Arena UCC	
Position Type:	Fixed Term	Hours: TBD
Closing Date:	10 th August 2026	

The Mardyke Arena UCC is a premier €40 million, 11,000-square-meter indoor facility dedicated to sport, leisure, and recreation. The Arena was established to meet the sporting and wellness needs of UCC students, staff, alumni, and the wider public. Mardyke Arena UCC offers a comprehensive range of world-class facilities that rival the best in Ireland. With a growing international reputation for excellence, Mardyke Arena UCC plays a key role not only in health and wellbeing but also as a major employer in the region — supporting over 100 employees.

Job Summary:
To plan and deliver safe, engaging, and motivating group fitness classes that provide an exceptional member experience. The successful candidate will inspire participants of all fitness levels while maintaining the highest standards of professionalism, safety, and customer service.

Key Responsibilities:
• Deliver safe, effective and enjoyable group fitness classes in accordance with industry best practice. • Ensure all participants receive appropriate instruction, coaching and exercise modifications. • Promote member engagement through excellent coaching, motivation and customer interaction. • Encourage progression while maintaining safe exercise technique. • Report equipment faults or health and safety concerns promptly, and follow all facility procedures • Attend mandatory staff meetings and training sessions. • Always maintain professional standards of appearance and behaviour.

Essential Requirements & Qualifications:

- Minimum of **2 years' experience** teaching a variety of group fitness classes.
- Recognised Group Fitness Instructor qualification (EQF Level 3 or equivalent).
- Desirable qualifications:
 - Level 3 Personal Trainer Qualification
 - Indoor Cycling Certification
 - Kettlebell Instructor Qualification
 - Pilates and/or Reformer Pilates Qualification
 - Barre Instructor Qualification
- Current certification in CPR/AED and Occupational First Aid (or willingness to obtain).
- Current Professional Indemnity and Public Liability Insurance (where applicable).
- Applicants must have proven experience delivering a broad range of studio classes, including but not limited to:
 - Strength & Toning
 - Kettlebell Training
 - Indoor Cycling (Spinning)
 - Functional Fitness
 - Circuit Training
 - Core Conditioning
 - HIIT (High Intensity Interval Training)
 - Body Conditioning
 - Mobility & Flexibility Classes

Skills & Competencies:

- Excellent communication and motivational skills.
- Ability to adapt classes to suit participants of varying fitness levels and abilities.
- Professional, enthusiastic and reliable with excellent time management.
- Flexible and willing to cover classes where possible.
- Committed to ongoing professional development.

Working Hours

Hours are based on the studio timetable and may include mornings, evenings and weekends. Flexibility is essential.

At Mardyke Arena UCC, we believe that everyone should have the opportunity to thrive. We are committed to building a diverse and inclusive workforce that reflects the communities we serve. We actively encourage applications from people of all backgrounds and experiences and are dedicated to creating a workplace where every employee feels valued, respected, and supported to reach their full potential.

Application Process:

To be considered for this post please email your Cover Letter and CV to MardykeHR@ucc.ie prior to the closing date.

What we offer:

- 20 Days paid annual leave (pro-rata)
- Generous Company Pension Scheme
- Death in Service Benefit
- Discounted Health Insurance with Laya Healthcare (T&Cs apply)
- Employee Assistance Programme
- Paid Lunch Breaks
- Membership of the Arena Facilities
- Ongoing Training and Career Development
- Staff Uniform Provided
- Staff Parking
- Exclusive Staff Discount Programme