

Mardyke Arena UCC

Job Description

Job Title:	Reformer Pilates Instructor	
Department:	Gym	
Reports To:	Gym Manager	
Location:	Mardyke Arena UCC	
Position Type:	Part-time	Hours: 7+
Closing Date:	10 th August	

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 high-quality Reformer Pilates classes for members of all abilities. The successful candidate will provide excellent instruction, maintain high standards of customer care, and create a welcoming environment that supports members in achieving their health and wellbeing goals.

Key Responsibilities:
• Plan and deliver professional Reformer Pilates classes in accordance with industry best practice. • Provide clear demonstrations, coaching, and technique correction throughout each class. • Ensure the studio and reformer equipment are set up safely before each session. • Monitor participants and adapt exercise throughout the class and provide individual feedback where appropriate. • Promote a positive, inclusive, and motivating class environment. • Follow all Mardyke Arena operational procedures, health and safety policies, and emergency procedures. • Complete attendance records and required administration accurately.

Essential Experience:
• Certified Reformer Pilates Instructor qualification from a recognised training provider.

- Mat Pilates qualification from a recognised training provider.
- Minimum of 2 years' experience teaching Reformer Pilates classes.
- Experience delivering classes to participants of varying ages, abilities, and fitness levels.
- Demonstrated ability to safely modify exercises for beginners and those with injuries or medical conditions within scope of practice.
- Barre Instructor qualification and the ability to teach Barre classes is desirable.
- Level 3 or equivalent Fitness Instructor qualification is desirable.
- First Aid Qualification preferred.
- Additional mind-body qualifications such as Yoga, Stretch, or Mobility ideal.

Key Skills & Competencies:

- Excellent communication and interpersonal skills.
- Strong understanding of Pilates principles, biomechanics, posture, and movement quality.
- Ability to build rapport with members and encourage long-term participation.
- Professional presentation and positive attitude.
- Excellent organisational and time management skills.
- Ability to work independently and as part of a wider fitness team.

Additional Requirements:

- Hours are offered on set-time basis and may include mornings, evenings, and weekends depending on programme requirements.
- Garda Vetting (where applicable).
- Proof of qualifications and certifications.
- Eligibility to work in Ireland.
- Up-to-date insurance (where applicable).

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