

Yoga Instructor

Gilbert & Chandler

Job Title: Yoga Instructor

Reports to: Fitness Coordinator

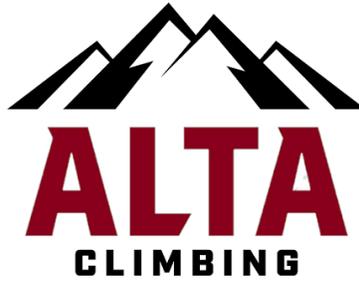
Location: Alta Climbing and Fitness - Gilbert

Yoga Instructor's at Alta deliver an extraordinary customer experience. The instructor provides this experience through a welcoming check-in process, guiding students through class, and supporting each individual in their yoga journey. The instructor cultivates supportive relationships by making themselves accessible and approachable, ensuring student safety, and embodying the Alta Values at all times. At Alta we are down to earth, fun, family-oriented people who **Always Live The Adventure**, and want to help others live it too!

What You'll Do:

- Provide yoga instruction by teaching classes, adhering to Alta's yoga instruction policies;
- Educate students on correct alignment while providing modifications for postures during their yoga practice as appropriate for their success, challenge, and safety. Be knowledgeable about and adhere to the Alta guidelines on verbal and physical, stabilizing assists;
- Connect and reconnect with guests to encourage continued class attendance and support students' growth. Promote memberships and services;
- Adhere to the Alta programs instructor attendance policy which includes that teachers are present at the studio 15 minutes prior and 15 minutes after their class instruction;
- Maintain the cleanliness of the studio after classes, including organization and storage of props, mats and other implements (including weights);
- Comply with the Alta Class Planning Protocol. All class preparation and planning must be done within the studio premises during the 15 minutes before or after class, or during a scheduled class planning session;
- Understand and efficiently navigate MindBody Online (MBO) software to sign students in and process other front desk transactions;
- At all times, be respectful and compliant with Alta's rules, policies, and procedures in addition to management direction, as stated in the Employee Handbook;

**3193 South Ranch House Court
Gilbert, AZ 85295
(480) 525-ALTA**



Education, Skills & Qualifications:

- Certificate of completion from a Yoga Alliance certified 200-hour teacher training program required;
- Current CPR/AED certification required (or a willingness to acquire such certification prior to teaching at Alta);
- High School diploma or equivalent education or experience required;
- Must be 18 years or older;
- A passion for yoga;
- Excellent oral communication skills;
- Professionalism and strong interpersonal skills;
- Ability to lead students in physical activity for a maximum 1.5 hours at a time;
- Ability to withstand exposure to heated classroom for the duration of class;
- Proficiency in computer applications;
- Minimum of 2 permanent classes per week is required;

Who You Are:

- Attitude - Maintain a positive one;
- Live by example – always show integrity; keep yourself and others accountable;
- Together we can climb higher – Lift those around you;
- Active healthy and happy lifestyle;
- Have a passion for working with children;
- Enjoy facilitating team building activities;
- Function at a high level in stressful situations;
- Solve problems and think fast on your feet; take initiative without prompting;

Perks of Being part of the Alta Family:

- Free membership;
- Discounts on retail and gear;
- Staff climb nights and events;
- Growth opportunities are available to any staff member that is committed to the team and has a desire to succeed.

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Employee Conduct:

Alta employees are responsible for following rules of conduct based on honesty, good taste, fair play, courtesy, safety, and professionalism when interacting with co-workers, customers, and vendors.

SIGNATURE _____ **DATE** _____

PRINT NAME _____