

Pilates Instructors

Tawazon Pilates and wellbeing studio is a newly established studio aiming to provide specialized services in helping our clients improve their strength, flexibility, and overall wellness. We are seeking a passionate, professional, and dedicated Pilates Instructor to join our growing team

Location: Tripoli, Maarad Road

Deadline for Applications: 15, March 2025

Major: degree in Physical Education, or any related field

Experience: currently enrolled students or fresh graduates are both accepted

Major Responsibilities:

- Lead group Pilates Reformer, and mat for clients of various skill levels (beginner to advanced).
- Customize sessions based on individual clients' needs and fitness goals.
- Ensure all equipment (e.g., Reformer, Cadillac, and mat) is properly maintained, safe, and clean.
- Monitor and correct clients' form to prevent injury and ensure proper technique during exercises.
- Create a positive and motivating class environment, encouraging clients to improve their strength, flexibility, and mobility.
- Keep up to date with the latest Pilate's trends and techniques and integrate new practices as appropriate.
- Maintain accurate client records and offer progress feedback during sessions.
- Promote the studio's services and help build the client base through excellent customer service.
- Collaborate with the studio team to maintain a welcoming, supportive, and professional atmosphere.

Additional Requirements:

- Experience teaching Pilates (mat and Reformer classes) is preferred.
- Knowledge of anatomy, injury prevention, and proper body mechanics.
- CPR/First Aid certification is preferred.

How to Apply:

Kindly send your CV or contact the Career Services Center, E-mail: career.services@balamand.edu.lb, Ext. 7801; 7802