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Greater Midland
Corporate Wellness

Location

1254 Enclave Parkway
Houston, TX 77077

Salary

Hourly wage of \$35.00-\$45.00
per hour

Why You Should Apply

As a part-time employee at Greater Midland, you receive:

- > The opportunity to make a lasting impact on families while gaining valuable hands-on experience.
- > On-the-job training!
- > A free premier membership at any of our centers with the ability to upgrade to a family membership.
- > Discounts on Greater Midland programs and services.
- > You will enjoy a predictable schedule: 1 class per week (0-24hrs/week).

(Job Code: GM1087)

Cycling Instructor (Part-time)

The Position

Under the direction of the Wellness Center Manager, the Cycling Instructor is responsible to lead cycling classes with enthusiasm and demonstrate safe and effective exercise techniques. This individual must maintain high personal standards and adhere to and carry out the mission of Greater Midland.

Major Job Responsibilities

- > Introduce yourself to class participants.
- > Introduce your class format and expectations to class participants.
- > Prepare and organize class in advance.
- > Follow class format and time restraints.
- > Choose appropriate music and vary your selections.
- > Begin and end class on time.
- > End class by congratulating and thanking participants and promoting upcoming classes/programs.
- > Find substitutes to cover shifts. Willingness to help program and team members by covering classes when able.
- > Attend staff meetings and training sessions.
- > Project support and enthusiasm for class and Greater Midland.
- > Be informed to direct participants to further Greater Midland programs when asked.
- > Maintain and check safety of all equipment, report concerns to supervisor.
- > Initiate emergency procedures as trained.
- > Clean up before and after class.
- > Adhere to best practices.

Qualifications

- > Nationally recognized Indoor Cycle Instructor, Training or Coaching Certification
- > CPR certified
- > First Aid certification encouraged.
- > Excellent people skills

More Information About Greater Midland: Greater Midland promotes vitality and builds belonging through recreation, wellness, and social services that encourage lifelong pursuit of learning, personal fulfillment, and good health. We respect differences and promote equality for all, offering programs and services that reflect the community's needs. Founded in 1919, Greater Midland's seven operating units have grown to include Midland Community Center, Coleman Family Center, Corporate Wellness, Curling Center, North-End Fitness Center, North Midland Family Center, and Tennis Center. We employ more than 500 people country-wide and positively impact an estimated 80% of City of Midland residents with 60% of those living in Midland County. Learn more at www.greatermidland.org.