



## Job Description

**TITLE:** Certified Pilates Instructor – Downtown Location

**DEPARTMENT:** Butler Center for Dance & Fitness  
**GRADE:** Part Time, Hourly\*  
**COMPENSATION:** Competitive, based on training and experience  
**FLSA:** Non-Exempt

\*Pilates instructors are hired as *employees* of Ballet Austin, not as independent contractors. As employees, Ballet Austin pays payroll taxes. (Independent contractors pay their own self-employment taxes) As an employee of Ballet Austin, instructors are covered under liability and worker's comp insurance.

Ballet Austin Pilates instructors receive full access to [Pilates Anytime](#) membership with access to training and professional development resources. Ongoing training with Pilates Program Director and Master Instructor Vlada Sheber. Complimentary access to over 60 dance & fitness classes weekly at the Butler Center for Dance & Fitness downtown location. Discounts on children's ballet in the Ballet Austin Academy. Complimentary tickets to [Ballet Austin performances](#). [Employees have access to membership at Dell Jewish Community Center with a 50% discount.](#)

### POSITION SUMMARY:

Teach on a team of highly motivated Pilates Instructors who are inspired to help clients move better, feel better and live healthier lives. Instructors teach Pilates reformer group classes and work on-on-one with clients in private sessions under the leadership of Pilates Program Director and Master Instructor Vlada Sheber who opened Ballet Austin's state-of-the-art Pilates Center in 2007. The teaching philosophy is based on the classical work of Joseph Pilates, but allows for creative variations and modifications to reach a wide range of clientele, from high-energy group classes to clients with more therapeutic needs. There is always a focus on posture, form, and precision – resulting in movement that cultivates mindfulness while strengthening and aligning the body.

The ideal candidate is knowledgeable and experienced in the Pilates practice, is passionate about health and wellness, enjoys working as a part of a team, and desires to help clients achieve their full fitness potential.

### DUTIES AND RESPONSIBILITIES:

- Teach and explain the Pilates method in group reformer classes (maximum of 8 clients), private/duet sessions, and Pilates-based mat workouts as needed
- Promote the benefits of Pilates and overall general health benefits of physical activity to clients
- Maintain a safe and clean working environment for clients and visitors to the Pilates Center
- Cultivate a positive connection with our studio, clients, and staff to help grow programming

## **OTHER ACCOUNTABILITIES:**

- Ability to work nights and weekends
- Ability to sub classes for other instructors when hours permit

## **PHYSICAL DEMANDS AND WORK ENVIRONMENT:**

- Ability to demonstrate and participate in class content on both a reformer and a mat

## **EDUCATION AND EXPERIENCE:**

- Valid comprehensive Pilates instructor certification
- Minimum 2 years teaching experience
- Knowledge of and experience with Pilates reformer and other machines and props
- Knowledge of anatomy and basic Kinesiology
- Ability to teach a high-energy, fast-paced group classes, classes of mixed ability, offering adaptations and progressions as well as modifications where necessary
- Knowledge of the MINDBODY scheduling platform a plus

## **COMPETENCIES -- KNOWLEDGE, SKILLS AND ABILITIES:**

- Collaboration
- Effective Communicator
- Customer Focused
- Values Differences
- Resourcefulness
- Situational Adaptability
- Instills Trust

## **ORGANIZATIONAL RELATIONSHIPS:**

- Reports to Pilates Program Director

## **TO APPLY:**

Please email cover letter, resume, and completed [Ballet Austin application](#) to Lauren Parra Faudree [lauren.parra-faudree@balletaustin.org](mailto:lauren.parra-faudree@balletaustin.org)

- BACKGROUND CHECK REQUIRED
- PROOF OF IDENTITY AND RIGHT TO WORK IN THE UNITED STATES IS REQUIRED

*Ballet Austin is committed to enhancing the diversity of our student body, clients, faculty, and staff. Hiring and other employment-related decisions are made on the basis of an individual's qualifications, past experience, overall performance and other employment-related criteria. In conjunction with Ballet Austin's commitment to increasing the racial diversity within our organization, we are particularly interested in receiving inquiries from applicants of color. It is the policy of Ballet Austin to provide equal opportunities for employment and advancement for all individuals, regardless of age, gender, race, religion, color, disability, veteran status, sexual orientation, national origin, or any other legally protected category.*



Ballet Austin's Pilates Center Downtown

