

**Position:** Yoga Instructor

Welcome to **Formula Running Center (FRC)**! FRC is a complete training experience for runners of all fitness levels. This runner and endurance athlete focused facility will combine performance enhancing training, recovery and educational services, all while simultaneously creating a community of runners that can train together and support one another along their personal fitness journeys. FRC will be open and welcoming to everyone who incorporates (or wants to incorporate) running and/or recovery services into their overall fitness lifestyle. In addition to group training classes and programs, FRC will encourage and emphasize the importance of recovery and education as part of a complete running and training experience.

We are seeking energetic, knowledgeable, personable, and motivating yoga instructors that share in our passion for running to work closely with FRC clients to provide them with an exceptional yoga experience designed to focus on those areas most critical to a runner's recovery and injury prevention. We strive to get to know each and every client to help them build their personalized "formula," incorporating the training, recovery and educational elements necessary to meet their personal goals. In addition to offering group fitness classes that focus on the training needs for runners and endurance athletes, FRC will offer a wide range of recovery elements, such as yoga and foam rolling and stretching classes, cryotherapy, and compression sleeves.

Yoga Instructors must possess a minimum of a 200 hour Registered Yoga Teacher (RYT) credential from Yoga Alliance, and have the knowledge, experience and passion to safely teach group yoga classes that focus on the needs of runners and other endurance athletes. If you'd like to be a part of the FRC Team, please apply now!

**Please include a short cover letter with your application explaining your experience and why you would like to be a part of the FRC Team.**

**Essential Duties and Responsibilities:**

- Develop and lead up to 15 participants through yoga for runners classes in accordance with FRC Guidelines.
- Build FRC attendance and retain current clientele.
- Organize the yoga floor and keep it clean.
- Provide variations and modifications during each yoga class to accommodate client skill level, health concerns and/or injuries.
- Greet each new client enthusiastically, with a smile and by name (if possible).
- Treat each client with respect, dignity, empathy and professionalism and address any client feedback in accordance with FRC guidelines.
- Uphold the FRC best-in-class customer service standards at all times with clients, potential clients and the general public.
- Attend all required corporate meetings, webinars or training sessions.
- Service FRC clients in accordance with the FRC mission and vision.

**Job Qualifications:**

- Strong understanding of physiology, technique, body mechanics and injury prevention (required).
- Positive attitude, strong interpersonal and customer service skills (required).
- Reliability, punctuality and professionalism at all times (required).
- Flexible schedule and ability to work weekends, holidays, mornings or night shifts (required).
- A minimum of a 200 hour Registered Yoga Teacher (RYT) credential from Yoga Alliance (required).
- 2+ years of experience teaching group yoga classes (preferred).
- A passion for running (preferred).

**Education:** High School or equivalent (required).

**Insurance:** Required.

**Background Check:** Required.