



The Osprey Hotel are currently recruiting for a Fitness Instructor to join the team at Osprey Leisure Club. Are you a fitness addict and want to become part of the health buzz in Ireland right now? If you enjoy helping other people reach their body goals, then this is the role you've been looking for.

The Hotel

The Osprey Hotel is a 4-star luxury urban retreat in the heart of Naas town, Co Kildare and is 35 minutes from Dublin City. The hotel is comprised of 108 luxurious guest rooms with custom furnishings. It is designed by one of Ireland's most respected architects Hugh Wallace who featured as a judge on RTE's 'Home of the Year'. The fantastic leisure centre and spa has a 20-metre deck level pool, sauna, steam room and gym equipped with the latest cardio and resistance equipment. The gorgeous Herald & Devoy Restaurant which opened in 2018 was also designed by Hugh Wallace and is tailored to suit all palettes and dietary requirements.

The Role

The successful candidate will teach and instruct groups and individuals in exercise activities. Demonstrate techniques and methods of participation. Observe participants and inform them of corrective measures necessary to improve their skills.

Duties will include:

- Carry Out fitness assessment and body composition screenings.
- Explain and enforce safety rules and regulations within the leisure Centre
- Offer alternatives during classes to accommodate different levels of fitness.
- Plan routines, choose appropriate music, and choose different movements for each set of muscles, depending on participants' capabilities and limitations.
- Observe participants and inform them of corrective measures necessary for skill improvement.
- Instruct participants in maintaining exertion levels in order to maximize benefits from exercise routines.
- Teach and demonstrate the use of training equipment such as weights etc.
- Maintain fitness equipment.
- Monitor participants' progress and adapt programs as needed
- Evaluate individuals' abilities, needs, and physical conditions, and develop suitable training programs to meet any special requirements.
- Advise clients about proper clothing and shoes.
- Promote health clubs through membership sales, and record member information.
- Reasonable ad hoc requests by Management
- The listing of responsibilities within any job description is not exhaustive to the associated role and there is an expectation for teamwork to naturally exist within the entire team. With this in mind all employees, regardless of position, are expected to carry out any additional reasonable tasks requested by management.
- Enforce fitness centre policies and procedures.

- Adhere to and execute the department's normal operational plan. Maintain participation records.
- Educate participants on proper and safe exercise form.

Requirements;

The Ideal candidate will have ITEC, FETAC or NCHES qualifications and it is essential that they have the ability to teach a wide range of classes including spinning, circuit, TRX, step aerobics. Previous fitness experience essential. Qualified in occupational first aid. They will have a natural ability to instruct and have a genuine desire to promote and provide excellent client care.

Due to the nature of our business, this position will require you to work weekends, early mornings and evenings.

Why Work with Us?

We offer a variety of roster options which can be tailored to suit a positive work-life balance. We are a team of talented professionals who work well together, and we are a fun team to work with. We want you to be happy and enjoy coming to work with us by providing every individual with the support and training required.

Just some of the benefits of working with us:

- Excellent working environment
- Discounted gym membership
- Spa offers for employees, friends and family
- Friends and family stayover specials
- Staff canteen where food is provided daily
- Employee of the quarter year
- Employee referral incentive scheme
- Social staff outings
- Flexible working hours
- Excellent Hotel staff rates across Ireland, UK & Continental Europe
- Employee Assistance Programme
- Free Car Parking
- We promote from within
- Training & Development opportunities
- Career progression opportunities

This is an exciting opportunity to join a hotel that is owned and managed by PREM Group, one of Europe's leading hotel management companies. PREM Group provides all of its employees with opportunities to expand and develop their career. We give employees the initiative to contribute their ideas in building a better environment for everyone. #progresswithPREM

The Osprey Hotel & Spa #ThisIsYourPlace

To Apply

If you would like to apply for this role, please forward your CV to Lauren at recruitment@osprey.ie