

## Pilates Instructor

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Company: Options Pilates

Location: Dubai

Category: healthcare-practitioners-and-technical

At Options Pilates Studio your well-being is our purpose.

Whatever your reasons for coming to us are, your instructor will work with you using a holistic approach to whole body wellness will help you improve your wellbeing. Whether you suffer from chronic back pain, tightness in your neck and shoulders, old injuries, or whether you have recently given birth or simply want to get back into exercise and don't know where to start, our instructors know exactly what to do and how to get you the results you want and need.

The difference at Options Pilates is personal. Personal service, personal care and personal attention to detail. Our dedicated team of highly-qualified instructors is here to guide and support you as you develop your new upgraded body. Walk in or contact us using the form below and we'll work out a plan to help you become your best self in the most sensible way possible.

You can schedule private sessions, either 1-on-1 with your instructor or together with a friend or you can join scheduled group Pilates classes, choosing from Mat Pilates, Reformer Pilates, and Jungle Sports Fitness classes.

We keep our classes small so you will get the attention you want or need, and we keep you moving in all the right ways. Your body will learn the Pilates movements and you will feel confident while improving your body, supporting your wellness, strength and fitness goals.

### **The Role**

Options Pilates Studio, a distinguished international group with well-established studios in Singapore and Hong Kong, is seeking passionate and dedicated Pilates Instructors to join our expanding team as we venture into the vibrant setting of Dubai DIFC. Recognized as one

of the premier Pilates studios in Asia, Options Pilates is committed to providing exceptional wellness experiences to our clients.

As a Pilates Instructor at Options Pilates Studio in Dubai, you will play a pivotal role in delivering high-quality Pilates classes, fostering a positive and empowering environment, and contributing to the success of our studio. We are seeking individuals who not only excel in Pilates instruction but also embody enthusiasm, dedication, and a genuine passion for enhancing the well-being of our clients.

### **Benefits:**

Options Pilates continues to support and subsidize your Pilates education and certification, as well as providing the opportunity to advance your career, whether it is expanding your capability to becoming a Master trainer / educator or managing others.

We have a supportive work culture with flexible work schedules.

A competitive compensation package awaits.

We provide professional development & career progression.

Join us in our regular company social events and weekly workouts.

### **Responsibilities:**

Introduce interested clients to Pilates and promote our services.

Engage clients, set goals, and monitor their progress.

Review posture and physical ability to determine suitable classes.

Conduct engaging Pilates sessions, both in private and group settings.

Maintain accurate attendance records.

Collaborate with management on operational challenges.

Ensure Pilates equipment is in optimal condition.

Offer guidance to newer instructors, sharing best practices and fostering a collaborative environment.

**Location:**

G 143 Podium Level, Emirates Financial Towers, DIFC Dubai, U.A.E.

**How To Apply**

Interested candidates, please email us at [jobs@options-studio.com](mailto:jobs@options-studio.com) with a concise introduction and your CV. Successful candidates will be contacted for further discussion.

**Ideal Profile**

**Qualifications:**

Full-time availability is required (over 100 hours per month), especially for those needing visa sponsorship. Part-time will be considered for those not requiring sponsorship.

A minimum of 1000 hours of Pilates teaching experience.

Expertise in private and semi-private Pilates sessions.

Certification in Mat, Reformer, and CCB in modern Pilates method.

Must be able to teach in English; additional languages such as Arabic are a plus.

Ability to work with more physically complex clients is an advantage.

Well-trained in all Pilates equipment, competent in using functional equipment.

Effective communication skills with a capacity for empathy and sensitivity.

A genuine passion for improving others' health and well-being, combined with a proactive approach to meet client expectations.

Degree in any field. A degree in Physical Therapy is an advantage.

Knowledge of Mind-Body Online software is a plus.

## What's on Offer?

Flexible working options

Work within a company with a solid track record of success

Excellent career development opportunities

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