

Jobs at SUPERchick HQ

Recruiting for: SUPERchick Trainers

Our Company

SUPERchick is a female fitness brand established in 2008 to provide the 21st century woman with exercise programmes that complement, rather than complicate, a hectic work and social life.

Over the past ten years the health and fitness industry has repeatedly focused on a clinical and all too often bland image. Although this may attract individuals with the common aims of weight loss and toning, all too frequently it lacks inspiration or 'brand personality' which individuals can identify with, and which will maintain their interest.

With a current membership of over 11,000 ABC1 females, between the ages of 20 and 40, SUPERchick offers training programmes online and group training classes in London parks. Providing a fashionable and stylish image, with scientifically based exercise prescription, SUPERchick is the perfect balance for females to train effectively without feeling they are compromising their lifestyle.

The SUPERchick brand aims to inspire and educate the female fitness community.

SUPERchick Services:

1. **iamsuperchick.com:** The SUPERchick website has two functions. The first is to act as a shop front, advertising all SUPERchick services and providing an amount of free content such as 'fact of the day', 'exercise of the day' amongst others. The second is a subscriber level, providing members with a motivational and educational online personal training platform. Detailed and dynamic, this virtual platform provides each private member with their own exclusive 'locker' (personal info and training pages). The SUPERchick Locker facility includes many personal pages detailing, in an enchanting format, every individuals needs for personal health and fitness.
2. **SUPERchick Group Training:** An answer to the currently male dominated world of outdoor fitness, such as British Military Fitness and a plethora of male competitive sports. Designed to be dynamic, enjoyably social and a genuine opportunity for women in the age range 18-40 to engage in safe, secure outdoor group exercise. Classes are 1 hour in length, currently held in London, SUPERchick are looking to expand this training across the UK.
3. **SUPERchick Events:** SUPERchick are gradually building an event platform following the success of the SUPERchick website and SUPERchick Training Classes.

We are looking to recruit a unique and dynamic individuals to present SUPERchick Group Training. We are looking for individuals with fresh ideas, who are open and honest, positive and enthusiastic. We work hard but we enjoy what we do. We're a small company with an unintimidating office and a core group of founder trainers so it is essential that we find the right individuals.

The Role

We are looking for Fitness Trainers whose job will involve dynamic instruction of the SUPERchick class. This diverse job requires a variety of skills. You must be comfortable with working early in the morning (6.30am), as a SUPERchick Trainer you will be joining SUPERchick as a key member of the team. You will work closely with the Directors and need to be highly skilled in instructing first class training classes both indoors and out.

SUPERchick Training Ltd.

Studio 5, Hurlingham Studios, Ranelagh Gardens, London, SW6 3PA
T: 020 7384 9295 E: info@iamsuperchick.com W: iamsuperchick.com
Registered in England and Wales No. 5867824 VAT No. 924 1351 50

The job will involve

You will be designated specific SUPERchick classes in various London Parks. Your role will be to teach these classes. Administration responsibilities will also be required.

On successful application you will attend a 2 day SUPERchick training program, learning the SUPERchick philosophy and class structure. At the end of the training course and as a result of successful certification you will join the SUPERchick TEAM.

You will be allocated specific classes to teach which will follow a regular timetable. These classes are your responsibility. You will be given personal login to the Trainer area of the SUPERchick website which you will use to complete administration for your role as a SUPERchick coach.

We currently have a full-time staff of 4 with up to 6 part-time employees. We work as a team and the process of working together to come up with unique ideas for this forward thinking fitness company is very important. We are looking for someone who will fit in well in a relaxed but efficient office and dynamic training platform.

Responsibilities

Class Instruction responsibilities:

- Teaching between 2 and 5 SUPERchick Group Training classes per week
- Classes are between 45mins to 1 hour in length you must arrive 15 minutes prior to the class commencing and must be prepared to answer any questions participants may have at the end of each class.
- Maintaining SUPERchick standards within all classes

Administration responsibilities:

- Input attendance details onto the SUPERchick website on a weekly basis
- Invoice SUPERchick on a monthly basis for classes taught

Membership Care:

- First contact and meeting with members: understanding their needs.
- Dealing member questions and referring to relevant department

The Development of SUPERchick Training Ltd.

- Attend monthly meetings
- Attend monthly development workshop, held directly after the monthly meeting

The Right Person

Qualifications:

- We are looking for someone who ideally has at least a 2:1 (or equivalent) from a good University
- Fitness qualification equivalent to REPS Level 3 is required for this role.

Experience:

- Experience in health and fitness is crucial for this role
- Experience of teaching circuit classes with 30 participants or more is crucial for this role.
- Experience of teaching outdoors is not essential however, applicants must be comfortable with taking exercise classes out of doors throughout all British seasons, this may include rain or snow.
- Common sense, charm and forward thinking are essential within SUPERchick.

SUPERchick Training Ltd.

Studio 5, Hurlingham Studios, Ranelagh Gardens, London, SW6 3PA
T: 020 7384 9295 E: info@iamsuperchick.com W: iamsuperchick.com
Registered in England and Wales No. 5867824 VAT No. 924 1351 50



IAMSUPERCHICK.COM
fashionable, affordable female fitness

Skills

- Smiley approachable disposition in all weathers. We train outside in all weathers. Its an early frosty cold bleak morning, but my smile and personality will warm my members.
- Ability to be awake and bright and breezy early in the morning, our sessions start at 6.30 am
- Have excellent organisational and preparation skills.
- Punctuality must be able to arrive 15mins before your session is due to start.
- Be able to make all the participants that attending your session feel like a SUPERchick sister.
- Adhere to the structure and delivery of the SUPERchick class.
- Ability to plan and deliver a fun and challenging session.
- Have a varied bank of exercises to train different body parts that require little if any equipment.
- Ability to regress and progress exercises taught so they are suited to a mixed ability class.
- Ability to motivate and inspire women to achieve their fitness goals.

Package

- Classes are paid at £30 per hour for your initial 2 month probation period. This will then increase to £35 per hour on successful completion of SUPERchick probation.
- Training to be completed in various London Parks to be confirmed on successful application
- Meetings at London Office (2mins walk from Putney Bridge Tube)

Contact:

Please input you details and submit your CV on the superchick website at <http://www.iamsuperchick.com/recruitment>

Alternatively please send your CV and a covering letter to

Mel Gregory
Group Training Manager
SUPERchick HQ
Studio 5,
Hurlingham Studios,
Ranelagh Gdns,
London
SW6 3PA

Tel: 020 7834 9295

Please note that we can only consider applications from people who already have the right to live and work in the UK.

SUPERchick Training Ltd.

Studio 5, Hurlingham Studios, Ranelagh Gardens, London, SW6 3PA
T: 020 7384 9295 E: info@iamsuperchick.com W: iamsuperchick.com
Registered in England and Wales No. 5867824 VAT No. 924 1351 50



SUPERchick Training Ltd.

Studio 5, Hurlingham Studios, Ranelagh Gardens, London, SW6 3PA
T: 020 7384 9295 E: info@iamsuperchick.com W: iamsuperchick.com
Registered in England and Wales No. 5867824 VAT No. 924 1351 50