



## Reformer Pilates Instructor – Contractor

**Position:** Pilates Instructor

**Location:** Onsite (Pyrmont)

**Employment Type:** Contractor

### Role Overview

As a Pilates Instructor at bounceREHAB, you will play a key role in delivering high-quality movement-based rehabilitation and fitness sessions. You will work with a diverse clientele, including those recovering from injuries, seeking improved mobility, or enhancing their overall well-being. This role requires a passionate instructor with strong communication skills and a client-centred approach.

### What We're Looking For:

A dedicated professional with a "can-do" attitude who is passionate about helping clients achieve their goals. A Pilates Instructor with proven expertise in Reformer Pilates, excellent communication skills, and a genuine and authentic approach. Current CPR certification and professional indemnity insurance.

### Key Responsibilities:

- Conduct private and group Pilates sessions tailored to clients' needs and abilities.
- Assess clients' movement patterns and provide modifications or progressions as needed.
- Collaborate with physiotherapists to support rehabilitation goals.
- Maintain a safe, clean, and welcoming studio environment.
- Educate clients on the principles of Pilates and its benefits.
- Keep up to date with best practices in Pilates instruction and movement therapy.
- Manage client bookings and attendance records where necessary.

### Qualifications:

- Certification in Pilates instruction (Mat and Reformer certification required; additional apparatus training is a plus).
- Previous experience teaching Pilates in a studio, rehab, or fitness setting.
- Strong understanding of anatomy, biomechanics, and injury management.
- Excellent communication and interpersonal skills.
- Ability to tailor programs to a wide range of client needs and fitness levels.
- Passionate about movement, wellness, and client care.

### Benefits

- Work in a collaborative and dynamic healthcare and wellness environment.
- Opportunities for professional growth and continued education.
- Flexible schedule with potential for additional hours.
- Competitive contract rates.
- A positive, team-oriented workplace culture.



**About Us:**

Established in 2005, bounceREHAB has been a leader in physiotherapy and rehabilitation for 20 years. With our community focused clinic in Pymont, we pride ourselves on delivering exceptional patient care through innovative and effective treatment methods.

Our team of experienced physios and Pilates Instructors is dedicated to ongoing education and keeping up with the latest advances in the industry. We are committed to a holistic approach, combining manual therapy, Pilates, exercise prescription, and more to ensure the best outcomes for our clients.

If you're ready to take the next step in your career and join a practice that values your growth and expertise, apply now!

**To apply:**

We are accepting rolling applications. Please email your cover letter and CV to [hr@bouncerehab.com.au](mailto:hr@bouncerehab.com.au)