

# DYNAMIC EDGE

HEALTH & FITNESS

## Small Group Fitness Instructor - Dynamic Edge Health & Fitness (Boolaroo, NSW)

**Are you passionate about helping everyday people get stronger, feel better, and rediscover what they're capable of?**

Join our family-run strength & conditioning gym, where members range from 7 to 70 and every person matters.

### About Us

At Dynamic Edge, we're all about intentional training, genuine coaching, and community. Our small-group sessions focus on strength, conditioning, and purposeful exercise, with every workout tailored to meet members where they're at—whether that's building confidence, managing injuries, or training for performance. We're a family-first, people-first environment where fitness is empowering, supportive, and fun.

### The Role

We're seeking an energetic, attentive, and nurturing **Small Group Fitness Instructor** who can connect with people from all walks of life. You'll lead small-group sessions, bring positive energy to every class, and ensure members feel seen, supported, and challenged in all the right ways. You'll coach a diverse mix of clients—from kids learning to lift, to adults chasing performance or rebuilding strength and confidence, to older members training for long-term health and vitality.

## What We're Looking For

- Certificate III in Fitness (**Cert IV preferred**)
- Current **First Aid & CPR**
- **Working With Children Check**
- Ideally **2+ years' experience** (we'll consider new trainers with the right attitude, passion, and willingness to learn)
- Coaching style that balances **high energy** with **empathy** and **attention to detail**
- Confidence working across different ages, abilities, and goals
- A desire for **continued learning** and upskilling

## Why You'll Love It Here

- Supportive, family-run environment where you're not just another trainer—you're part of the team
- Opportunity to grow and learn alongside experienced coaches
- Flexible hours and potential for personal training or class expansion
- Inclusive community that genuinely cares about its members—and each other

## Paid Trial Period (2–4 Weeks)

To make sure it's the right mutual fit, this role includes a **paid 2–4 week trial**:

- **Week 1:** Shadow and assist classes, learn our systems, safety standards, and coaching cues
- **Weeks 2–3:** Co-coach blocks, lead warm-ups/finishers, and take portions of sessions with feedback
- **Week 4 (if needed):** Lead full sessions with minimal support to confirm coaching, culture, and communication fit
- **Checkpoints:** Brief feedback chats each week; clear expectations from day one
- **Outcome:** Successful trial progresses to an ongoing roster with opportunities to expand

## Interested?

Email your **resume** and an optional **short intro video of yourself** to [admin@dynamicedgehealthandfitness.com.au](mailto:admin@dynamicedgehealthandfitness.com.au).

Tell us about your experience, your coaching style, availability, and why you'd be a great fit for Dynamic Edge.

We can't wait to meet you!