



TONBRIDGE
SCHOOL

CASUAL CLASS INSTRUCTOR (HIIT & Strength)

Tonbridge School Centre



THE DEPARTMENT AND POST

The Casual Class Instructor (HIIT and Strength) will be responsible for planning and delivering engaging, safe and motivating group fitness classes for members of the Sports Centre. Reporting to the TSC Assistant Health & Fitness Manager, the post-holder will lead dynamic outdoor HIIT sessions using bodyweight exercises and fitness equipment, alongside structured Strength classes within the Sports Centre studio. All sessions should be professionally planned and delivered, catering for a range of fitness levels, abilities and individual health considerations.

The post-holder will create an inclusive, welcoming and positive environment that encourages participation, builds confidence and supports members in achieving their fitness goals. Key responsibilities include preparing and checking equipment, maintaining safe and organised exercise spaces, monitoring participant wellbeing, adapting exercises where appropriate and responding effectively to any incidents or emergencies. The role also involves providing guidance within the scope of professional qualifications, maintaining attendance records where required, reporting equipment or health and safety concerns, and contributing to the promotion of classes and the wider Sports Centre community.

The successful candidate will hold a Level 2 Gym Instructor qualification or equivalent, together with a recognised Group Exercise, HIIT or Circuit Training qualification. A Level 3 Personal Trainer qualification is desirable. They will have experience delivering group fitness classes, a strong understanding of exercise technique and progression, and the ability to communicate effectively and motivate participants. A professional, reliable and customer-focused approach is essential, alongside a commitment to continuing professional development, confidentiality, health and safety, and full compliance with the School's safeguarding and child protection policies and procedures.



JOB DESCRIPTION

Job Title:	Casual Class Instructor (HIIT and Strength)
Reporting to:	TSC Assistant Health & Fitness Manager
Main Purpose:	To plan and deliver engaging, safe, and motivating HIIT (High Intensity Interval Training) and Strength classes for sports centre members.

MAIN DUTIES

- Lead dynamic HIIT classes in an outdoor environment, using a combination of bodyweight exercises and fitness equipment.
- Deliver structured Strength classes within the Sports Centre's studio, utilising a variety of resistance and strength-training equipment.
- Adapt exercises to accommodate different fitness levels, abilities, and any relevant health considerations.
- Create an inclusive, positive, and motivating atmosphere that encourages participation and progression.
- Ensure all sessions are appropriately planned, prepared, and delivered to a high professional standard.
- Conduct pre-session equipment checks and ensure equipment is used safely and correctly.
- Monitor participant wellbeing during sessions and respond appropriately to any injuries, incidents, or emergencies.
- Maintain safe working practices and comply with the School's health and safety policies and procedures.
- Ensure exercise spaces, both indoor and outdoor, are kept clean, safe, and organised.
- Build positive relationships with sports centre members and participants.
- Provide encouragement, guidance, and fitness-related support within the scope of qualifications.
- Promote class attendance and help create a welcoming community environment.
- Maintain accurate attendance records where required.
- Report equipment faults, maintenance issues, or health and safety concerns promptly.
- Attend staff meetings and training sessions as required.
- Undertaking any other duties as requested by the Line Manager.

CONFIDENTIALITY

The successful candidate must maintain the confidentiality of information regarding Tonbridge School and The New Beacon, its staff and its business. Information must not be communicated to other persons in or outside our Schools except in the recognised course of their duties.

CHILD PROTECTION

The post-holder's responsibility for promoting and safeguarding the welfare of children and young persons for whom he or she is responsible, or with whom he or she comes into contact will be to adhere to and always ensure compliance with the School's Safeguarding and Child Protection Policy. If in the course of carrying out the duties of the post the post-holder becomes aware of any actual or potential risks to the safety or welfare of children in the School he or she must report their concerns to the Designated Safeguarding Lead or to the Headmaster.

PERSON SPECIFICATION

Skills and abilities

- Excellent communication and interpersonal skills.
- Confident, energetic, and enthusiastic teaching style.
- Ability to motivate and engage participants.
- Reliable, professional, and punctual.
- Commitment to providing outstanding customer service.

Knowledge and experience

- Experience delivering group fitness classes.
- Strong understanding of exercise technique, programming, and progression.
- Ability to modify exercises for participants with varying fitness levels.
- Knowledge of health and safety requirements within a fitness environment.
- Experience delivering outdoor fitness training
- Experience working within a school, sports club, leisure, or community fitness setting is desirable.

Qualifications

- Level 2 Gym Instructor Qualification or equivalent.
- Level 3 Personal Trainer qualification is desirable.
- Recognised Group Exercise, HIIT, or Circuit Training qualification.
- Evidence of continuing professional development in fitness instruction.

HOURS OF WORK

This is a casual role.

The HIIT class currently takes place on alternate Sundays from 9:30am to 10:15am.

The Strength class currently takes place on alternate Sundays from 10:30am to 11:15am.

Both classes run throughout the year.

Additional hours may be available from time to time to cover staff leave, holidays, or other operational requirements, subject to availability and agreement.

REMUNERATION AND BENEFITS

- £27.25 per hour including proportionate holiday pay
- Uniform provided
- Staff car parking
- CPD opportunities

Tonbridge School is committed to safeguarding and promoting the welfare of children and applicants must be willing to undergo child protection screening appropriate to any post, including checks with past employers and the Disclosure and Barring Service

APPLICATION PROCESS

SUBMITTING AN APPLICATION

Full details and an application pack may be found at:

<http://www.tonbridge-school.co.uk/jobs>

Apply via our online application form or, send your completed application form to:

hrdept@tonbridge-school.org

01732 365555

Closing Date: Sunday 8 November at 5pm

We reserve the right to interview and appoint prior to the closing date for applications, so early applications are encouraged.

**TONBRIDGE
ONLY CONNECT**

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TONBRIDGE-SCHOOL.CO.UK

Tonbridge School is a registered charity No. 1097977

The information contained in the brochure is accurate at the time of going to press