



BodyKinetics



#JOB-2459094



Unit 9, Abbey Park, Quin Rd Bus Pk, Quin
Road, Ennis, Co. Clare, V95 FT97



No of positions : 1



Paid Position



8 hours per week



15.00-20.00 Euro Hourly



21/07/2026



18/08/2026

How to apply

Application Method :

Please apply to the vacancy by the following means:

Email : info@bodykinetics.ie



Open your camera
app & point here
to view this ad
online



Yoga/Fitness Instructor

Application Details

In order to work in Ireland a non-EEA National, unless they are exempted, must hold a valid employment permit. Please review the [Eligibility and requirements for an employment permit](#) if you are unsure of your eligibility to apply for this vacancy.

Job Description

BodyKinetics is a Chartered Physiotherapy and Health studio based in Ennis, focused on helping clients recover from injury, improve strength, flexibility, and overall well-being. The studio offers a range of rehabilitation classes and programs that combine traditional practices with modern fitness techniques. BodyKinetics emphasizes a supportive, inclusive environment where participants of all experience levels can progress safely. The team values professionalism, continuous learning, and a client-centered approach to health and fitness.

Role Description This is a part-time, on-site Yoga and Fitness Instructor role based in Ennis. The instructor will lead group yoga and fitness sessions, ensuring safe, effective, and engaging practice for all participants. Daily tasks include planning class sequences, demonstrating postures and exercises, offering modifications, and monitoring client technique to prevent injury. The role involves communicating clearly with clients, assessing individual needs, and providing guidance on progress and goals. The instructor will also support studio operations by maintaining a clean practice space, assisting with scheduling, and contributing to a positive, welcoming atmosphere.

Work Hours Mondays 10am to 7pm (except bank holidays)

Qualifications

Strong Yoga Instruction skills,

Demonstrated Teaching abilities, including class planning and progression for mixed-level groups

Effective Communication skills for guiding clients, giving feedback, and building rapport

Recognized yoga teacher training certification (e.g., 200-hour or higher) and relevant fitness qualifications

Knowledge of anatomy, injury prevention, and safe alignment in yoga and fitness contexts

Previous experience teaching in a studio or fitness environment is highly beneficial

Commitment to inclusivity, professionalism, and ongoing personal and professional development

Job Type: Part-time

Pay: From €15.00 per hour

Work Location: In person

- **Sector:** human health and social work activities

Career Level

- Experienced [Non-Managerial]

Candidate Requirements

(Essential)

- **Minimum Experienced Required (Years):** 1
- **Minimum Qualification:** Level 7 (incl Diploma & Ordinary Bachelor Degree)

(Desirable)

- **Ability Skills:** Administration, Computer Literacy
- **Competency Skills:** Teamwork, Time Management