



2410 San Ramon Valley Blvd #112  
San Ramon, CA 94583

April, 2017

IM=X Bay Area is a Fitness Pilates studio. We offer different Pilates Reformer classes as well as Spinning classes. We are based on San Ramon city and have clients from all over the East Bay area.

Our approach: IM=X marries the muscle toning and lengthening benefits of Pilates with elements of strength and cardio training to increase flexibility and endurance while strengthening the spine and abdominal core.

We have cycling classes from Monday through Sunday as a way to offer our clients a complete and integral workout option.

Position required: Certifies Spinning Instructor

Position Details:

- Experienced spinning instructor for weekends: Saturday and/ or Sunday, 2 hours a day.
- Class only up to 8 people.

Skills wanted:

- High energy instructor
- Be able to switch or give different kind of classes (approach, energy, pace), if the classes are in the same day

What the instructor can find here:

- New and great bikes
- Cozy, family type studio.
- Great ambience

Payment:

- Payment per hour
- We prefer to cover 2 hours a day on weekends (two of 50 min with 10 min break), we could do also 1 hour (50 min)

Please contact:

[lmxpilates.rocio@gmail.com](mailto:lmxpilates.rocio@gmail.com)

You can visit our website: [www.imxbayarea.com](http://www.imxbayarea.com)