



Shape Strength and Grace:

Barre Fitness Instructor Wanted

Are you passionate about movement, strength, and inspiring others?

The Thames Club is looking for an exceptional Barre Fitness Instructor to deliver energising and results-driven classes across our boutique studio offering. From dynamic POWER Barre sessions to flowing, technique-focused Barre Fitness classes, you'll create an uplifting experience that leaves members feeling stronger, more balanced, and empowered.

If you thrive on great energy, love coaching with precision, and know how to motivate a room, this is your opportunity to make an impact.

Barre Fitness Instructor

Location: The Thames Club

Department: Fitness

Hours per Week: Flexible / Class-based

Working Pattern: Daytime, evening +weekend availability as required

Main Job Responsibilities

- The Barre Fitness Instructor will deliver exceptional group exercise experiences across both POWER Barre in our Power Studio and Barre Fitness in our Flow Studio. You will lead safe, effective, and inspiring classes that cater to all fitness levels, ensuring every participant feels challenged, supported, and motivated.
- You will bring energy, expertise, and attention to detail to every session, combining excellent technical instruction with a warm and engaging coaching style. Whether delivering the strength-focused intensity of POWER Barre or the controlled, low-impact precision of Barre Fitness, you will create classes that build strength, endurance, flexibility, and confidence.
- As a key part of our fitness team, you will help foster a welcoming and inclusive studio environment, encouraging member progression, consistency, and enjoyment. You will also play an important role in maintaining the high standards, professionalism, and premium member experience that define The Thames Club.

What We're Looking For

- Level 2 Exercise to Music qualification essential.
- Barre-specific CPD or recognised Barre instructor training required.
- A passion for delivering exceptional group exercise experiences.
- Strong coaching, communication, and motivational skills.
- The ability to create an inclusive, engaging, and results-driven class environment.
- Availability to teach daytime, evening and weekend classes.

If you're ready to inspire, lead, and make a real impact on our members' fitness journeys, we want to hear from you. Join us at The Thames Club and help shape a vibrant, high-energy environment where both our team and members thrive.

To apply, please send your CV to recruitment@thethamesclub.co.uk
FAO Lindsey Perry.

