

Pilates Trainer (4128U), Recreation & Wellbeing - 75367
University of California, Berkeley

Direct Link: <https://www.AcademicKeys.com/r?job=259066>

Downloaded On: Sep. 11, 2025 9:55am

Posted Jul. 10, 2025, set to expire Oct. 30, 2025

Job Title	Pilates Trainer (4128U), Recreation & Wellbeing - 75367
Department	Recreation & Wellbeing
Institution	University of California, Berkeley Berkeley, California
Date Posted	Jul. 10, 2025
Application Deadline	Open until filled
Position Start Date	Available immediately
Job Categories	Classified Staff
Academic Field(s)	Athletics and Recreation Services
Apply Online Here	https://apptrkr.com/6350987

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Job Description

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Pilates Trainer (4128U), Recreation & Wellbeing - 75367

About Berkeley

At the University of California, Berkeley, we are dedicated to fostering a community where everyone feels welcome and can thrive. Our culture of openness, freedom and belonging make it a special place for students, faculty and staff.

As a world-leading institution, Berkeley is known for its academic and research excellence, public mission, diverse student body, and commitment to equity and social justice. Since our founding in 1868, we have driven innovation, creating global intellectual, economic and social value.

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We are looking for applicants who reflect California's diversity and want to be part of an inclusive, equity-focused community that views education as a matter of social justice. Please consider whether your values align with our [Guiding Values and Principles](#), [Principles of Community](#), and [Strategic Plan](#).

At UC Berkeley, we believe that learning is a fundamental part of working, and provide space for [supportive colleague communities via numerous employee resource groups](#) (staff organizations). Our goal is for everyone on the Berkeley campus to feel supported and equipped to realize their full potential. We actively support this by providing all of our full-time staff employees with at least 80 hours (10 days) of paid time per year to engage in professional development activities. Find out more about how you can [grow your career](#) at UC Berkeley.

Departmental Overview

The Department of Recreation & Wellbeing provides competitive and recreational opportunities for students, faculty, staff and campus affiliated community members. In addition to the 30 sports clubs, the department offers a wide range of recreational activities and state of the art equipment.

Position Summary

Provides instructional guidance and program activities related to health and fitness in an accredited environment; provides first aid and emergency care as necessary and responds to user/customer needs.

Educates the participants on fitness and health-related topics; conducts assessments and Pilates Reformer training sessions, maintaining a high level of professionalism and confidentiality, designs and implements individual workout programs, discusses health and wellness goal setting; promotes safe technique and form when training.

Educates participants on the policies and procedures of the Recreation Center; acts as a liaison between other Recreational Sports programs; keeps detailed and accurate client records; provides weekly availability for clients to schedule appointments; attends all required departmental meetings and completes online training; always promotes the Department of Recreational Sports in a positive manner.

Application Review Date

The First Review Date for this job is: 02/19/2025. This is an ongoing hiring process with multiple positions available. Applications will be regularly assessed, and hiring will occur at various points

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throughout the year. The job listing will remain open for as long as applications are accepted.

Responsibilities

- Provides advanced or specialized activity instruction to program participants, individually or in groups.
- Pilates Reformer Trainers provide sessions at the RSF.
- Pilates Reformer Trainers will work with students, faculty/staff and will need to program the correct modifications for their clients and appropriate progressions and regressions of exercises.
- Pilates Reformer Trainers must be able to work in a busy environment and adapt workout routines from available equipment and resources.
- Maintains a welcoming and supportive environment for program participants and facilitates participation.
- Pilates Reformer Trainers conduct energizing, fun, safe sessions for all fitness levels and encourage and motivate their clients.
- Answers questions from participants to support them in achieving their healthy living and wellness goals.
- Builds effective, authentic relationships with members, facilitates others to connect with one another, and to the Berkeley Rec Sports community.
- Interacts with recreational program participants in a positive and professional manner.
- Responsible for ensuring that Pilates reformer fitness spaces provide a safe environment including the condition and proper storage of all equipment used during training sessions.
- Instruct clients on correct equipment usage and body mechanics.
- Updates availability in Mindbody scheduling software system, providing weekly availability for clients to schedule appointments.
- Track client progress and personal administrative records (time keeping, internal communications, client records, etc.).
- Maintains required professional's certifications including CPR/AED.
- Keeps current on teaching methods, techniques, and skills through continuing education.
- Participates in required professional development activities.

Required Qualifications

- Has advanced knowledge of program activity practices and procedures.
- Verbal and written communication skills in the English language, active listening, critical thinking, multitasking, time management skills, and dynamic flexibility in adapting to the needs of clients.
- Ability to exercise independent sound judgement and employ reasoning skills.
- Client service minded, entrepreneurial spirit and creative thinking skills.

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- Basic skills in computer programs relevant to job duties.
- Knowledge of and/or can quickly learn campus policies and procedures.
- Must be able to work effectively, across all organizational levels, internally and externally.
- Previous experience with instruction of Pilates reformer fitness and recreation programs.
- Certified Group Fitness Instructor.
- Pilates Reformer and apparatus Certification.

Preferred Qualifications

- High school diploma or equivalent certification and/or equivalent experience/training.
- Standard First Aid Training & AED Certification.

Salary & Benefits

This is a 12-month, part-time (2 hours/week), contract appointment. This is a non-exempt, which is paid biweekly at an hourly rate.

For information on the comprehensive benefits package offered by the University, please visit the University of California's [Compensation & Benefits](#) website.

Under California law, the University of California, Berkeley is required to provide a reasonable estimate of the compensation range for this role and should not offer a salary outside of the range posted in this job announcement. This range takes into account the wide range of factors that are considered in making compensation decisions including but not limited to experience, skills, knowledge, abilities, education, licensure and certifications, analysis of internal equity, and other business and organizational needs. It is not typical for an individual to be offered a salary at or near the top of the range for a position. Salary offers are determined based on final candidate qualifications and experience.

The budgeted hourly range that the University reasonably expects to pay for this position is \$18.67 - \$60.00.

How to Apply

- To apply, please submit your resume and cover letter.

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Other Information

- This is not a visa opportunity.
- This recruitment has 10 openings.

Conviction History Background

This is a designated position requiring fingerprinting and a background check due to the nature of the job responsibilities. Berkeley does hire people with conviction histories and reviews information received in the context of the job responsibilities. The University reserves the right to make employment contingent upon successful completion of the background check.

Mandated Reporter

This position has been identified as a Mandated Reporter required to report the observed or suspected abuse or neglect of children, dependent adults, or elders to designated law enforcement or social service agencies. We reserve the right to make employment contingent upon completion of signed statements acknowledging the responsibilities of a Mandated Reporter.

SB 791 and AB 810 Misconduct Disclosure Requirement: As a condition of employment, the final candidate who accepts a conditional offer of employment will be required to disclose if they have been subject to any final administrative or judicial decisions within the last seven years determining that they committed any misconduct; received notice of any allegations or are currently the subject of any administrative or disciplinary proceedings involving misconduct; have left a position after receiving notice of allegations or while under investigation in an administrative or disciplinary proceeding involving misconduct; or have filed an appeal of a finding of misconduct with a previous employer.

"Misconduct" means any violation of the policies or laws governing conduct at the applicant's previous place of employment, including, but not limited to, violations of policies or laws prohibiting sexual harassment, sexual assault, or other forms of harassment, discrimination, dishonesty, or unethical conduct, as defined by the employer. For reference, below are UC's policies addressing some forms of misconduct:

[UC Sexual Violence and Sexual Harassment Policy](#)

[UC Anti-Discrimination Policy](#)

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[Abusive Conduct in the Workplace](#)

Equal Employment Opportunity

[U.S. Equal Employment Opportunity Commission](#) poster.

The [University of California's Affirmative action policy](#).

The [University of California's Anti-Discrimination policy](#).

Referral Source Info

This job is part of the Employee Referral Program. If a UC Berkeley employee is referring you, please ensure you select the **Referral Source** of "*UCB Employee*". Then enter the employee's **Name** and **Berkeley email** address in the **Specific Referral Source** field. Please enter only one name and email.

To apply, visit

https://careerspub.universityofcalifornia.edu/psc/ucb/EMPLOYEE/HRMS/c/HRS_HRAM_FL.HRS.CG_S

Contact Information

Please reference Academickeys in your cover letter when applying for or inquiring about this job announcement.

Contact

N/A

University of California, Berkeley

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