

**JOB TITLE: Recovery Coach**

**EMPLOYER:** House of Athlete

**DEPARTMENT:** Recovery

**REPORTS TO: General Manager / Director of Flow**

Recovery complements every facet of business at the House, it's why we've devoted a full day on the schedule to it. At House of Athlete we believe in the holistic whole athlete approach, achieving strength and agility in both mind and body. Our recovery offerings are the medium for athletes to achieve their wellness and performance goals.

### **JOB GOALS**

Deliver Recovery classes with an emphasis on our Five Pillars, incorporating the importance of mindfulness and offering space of reflection for our members. As a movement and mindfulness expert, Recovery coaches lead and facilitate our Recovery experiences and meditation workshops.

### **GENERAL OVERVIEW:**

Our Recovery Coaches are our movement experts! As a Recovery Coach it is your responsibility to educate and guide our athletes through a reflective experience. Our intention at HOA is to have each athlete leave our facility feeling refreshed, confident, and encouraged. It's through Recovery that we're able to accomplish the goal of keeping our members agile through movement and mental fitness through the spaces we provide in our classes to meditate and be still. Recovery coaches at House of Athlete will teach, motivate, and inspire athletes daily. Coaches will guide members to challenge themselves using safe and efficient techniques through alignment, pranayama, and mobility training.

### **ESSENTIAL FUNCTIONS:**

#### **Facilitator of Good Vibes:**

- Knowledgeability about our Recovery suite of classes and experiences, competitive programs, and pricing to actively promote the House of Athlete.
- Assists members through their facility utilization questions to attain the most out of their membership.
- Ensures adherence to House of Athlete's Recovery standards for each class.

#### **Quality Assurance:**

- Communicates areas of opportunity as it relates to Recovery classes for assigned studios.

- Reports any class and experience feedback to the General Manager and Director of Flow for program management.
- Adheres to HOA Recovery class standards and deliverables.

**Accountability:**

- Teaches 3 branded classes per week and additional if needed based on substitute requests.
- Maintains consistent 4.0 Star Rating average for classes.
- Uses KPI data provided from leadership to ensure goals are met.

**JOB PERKS:**

- Access to all House of Athlete facilities (discounted for a partner or family member)
- Professional development; continuing education.
  - Onsite and offsite training; cross training; market research
  - Reimbursement for training programs
- Quarterly or annual bonus for class/program growth.

**QUALIFICATIONS:**

- Strong attention to detail, ability to take initiative, self-starter.
- Demonstrated ability to drive community engagement through projects and initiatives.
- Former athlete or current fitness coaching; passion for wellness.
- Ability to proactively identify and creatively solve problems.
- Solutions-oriented; eager for ongoing learning and self-improvement in the role.
- Multidimensional team player; can be cross trained to coach fitness classes.

**BASE LEVEL COMPETENCIES:**

- 1 Year Yoga studio teaching experience
- Minimum 2 Years yoga teaching experience; 4-5 years preferred
- 200 HR RYT
- Educational experience: Bachelor's in Neuroscience, Athletic Training, Kinesiology preferred
- PT Certification a plus
- Advanced knowledge of anatomy and physiology
- Familiarity with athletic facility or day to day studio operations
- Experience teaching small and large groups

Compensation: \$100/class

EVALUATION: QUARTERLY, BI-ANNUALLY, ANNUALLY