

Movement & Group Fitness Instructor (Independent Contractor)

Fargo Movement Studio (Professional Ballroom Space)

We are seeking an experienced **Movement or Group Fitness Instructor** to lead engaging daytime classes in a beautiful, professional studio space in Fargo.

This opportunity is ideal for instructors who already teach group classes and may have an existing student following, or who are interested in building a consistent daytime class community.

Our studio offers a spacious environment with professional flooring, mirrors, and sound system—well suited for a wide range of movement-based classes.

Schedule

Classes will take place during available studio hours:

- Morning hours (before 1:00 PM)
- Weekends

Scheduling is flexible based on instructor availability and student demand.

Class Structure

Students will attend classes through:

- Monthly subscription memberships
- Drop-in option available for first-time attendees

Class Types We Are Interested In

We are open to instructors who can lead one or more of the following:

Dance Fitness

- Cardio dance
- Ballroom-inspired fitness
- Latin dance fitness

Mobility & Wellness

- Stretch and mobility

- Balance and functional movement
- Injury prevention

General Fitness

- Strength and conditioning
- HIIT or circuit training
- Bodyweight fitness

Mind–Body

- Yoga
- Pilates
- Barre
- Other movement-based formats

Classes should be accessible to **adults of varying fitness levels**

Class Size

Classes may include **up to 20 participants**, depending on format.

Equipment

The studio does not currently provide fitness equipment. Instructors may bring small equipment if desired.

Sound System

Instructors may connect to the studio sound system using an **aux cable**.

Instructor Flexibility

Instructors are welcome to:

- Teach their own class format
- Use their own branding or program name
- Promote classes through their own networks

Instructors who already have an existing student following are strongly encouraged to apply.

Requirements

- Experience teaching group fitness or movement-based classes (1+ year preferred)

- Certification from a nationally recognized organization preferred (ACE, NASM, AFAA, ACSM, NETA, Fitour, IFTA, SCW, or similar)
- CPR/AED certification required (or obtained within 90 days)
- Ability to safely lead and modify classes for a variety of fitness levels
- Ability to independently plan and lead structured classes

Compensation

Compensation is based on class enrollment and student subscriptions. Instructors earn a percentage of class revenue, with income growing as class participation increases.

Class revenue is shared on a **50/50 basis**, creating an opportunity for instructors to build and grow their own class community.

Classes run with a minimum of 3 students.

To Apply

Please send:

- A brief introduction
- Certifications and teaching experience
- Types of classes you offer
- Availability
- Links to social media or a website (if available)