

SPORTS VILLAGE FITNESS

Pilates Reformer Instructor Questionnaire

Complete digitally or print and write your answers. No previous experience necessary.

Name

Phone

Email

1. Tell us a little about yourself.

2. What do you enjoy doing for exercise, currently and in the past?

3. Have you taken any of the following classes?

Check each class you have taken and tell us whether you enjoyed it.

☐ Mat Pilates

☐ Yoga

☐ Barre

☐ Pilates Reformer

4. When would you be available to teach?

Check all times you can reliably teach. For weekdays, check each available day.

Use the notes below to explain seasonal changes, such as school-year or summer schedules.

Weekdays

Mon

Tue

Wed

Thu

Fri

SATURDAY

SUNDAY

5:00 AM

☐☐☐☐☐☐

8:15 AM

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9:00 AM

6:00 AM

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9:15 AM

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10:30 AM

8:00 AM

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10:15 AM

9:00 AM

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11:15 AM

12:00 PM

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4:00 PM

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5:15 PM

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6:15 PM

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Availability notes / seasonal changes

Submit before October 15 to Peggy: mrfit8800@aol.com