



Bridge To  
Health NM

## Joining our FIT Team

[Fit. Inspired. Transformative.](#)

Glad you're interested in joining our team! Read through this to understand the basics. If you decide you'd like to learn more, let's set up a time to talk more in depth.

One of the tools in accomplishing our mission of helping people and communities overcome barriers to exercise and health behavior change is training and supporting fitness instructors and health educators. We do this by paying for primary certifications, paying for continuing education for Tivity Health (to be billable under SilverSneakers & Prime), providing professional liability insurance, class marketing, beautiful space, equipment, and paying instructors for their time.

You may choose to be an instructor (have a recurring class that you led), a sub (step in to teach for other instructors when they are sick, on vacation, etc.), or a workshop facilitator (facilitate a course or workshop now and then).

Instructors and subs must have current certification in the class formats they are teaching (or Primary Group Fitness Certification) and be CPR certified. In addition, instructors must remain Tivity Health billable (we'll walk you through that), believe in and act on our mission, and attend our annual instructor meeting. Subs will have to go through training for use of our facility before they teach.

Our FIT Team work as Independent Contractors so will complete a W9 and are issued a 1099 for taxes at the end of the year. As contractors, our instructors are responsible for providing their own device that holds their music and a head mic if they use one. We provide the speaker system and class equipment as agreed upon.

FIT Team pay for instructors is \$20/class + \$1 per head above 10 participants. Numbers are calculated via software each month, then instructors invoice for payment for up to 3 months at a time. We use apps and websites to manage classes, so instructors do need basic competence in smartphone and internet use. Sub pay is \$15/class. Workshop facilitator pay is negotiated based on the format of the workshop. All pay is completed through ACH.

Go to <https://www.bridgetohealthnm.org/instructor-team> to see our current FIT Team instructors. You can also see their pictures and bios in the hallway at the Center. We are a great team and we sub for and support each other very well.

When you are ready to propose a class, you will complete the Class Proposal Form here: <https://forms.gle/NRFzab9gNwVKWmvN7>. We will work together to make your class as successful as possible.

Let me know what questions you have and let's begin this conversation!

**Tana Beverwyk-Abouda**

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