

TBT

TEXAS BALLET THEATER

Hiring Company Name: Texas Ballet Theater
Position Title: Pilates Instructor
Reports To: Administrative Director of Schools
Location: Fort Worth, TX
Employment Type: Part-Time

Organization Overview

The mission of Texas Ballet Theater (TBT) is to create, present and tour world-class ballet, from classical to cutting-edge, and promote its appreciation, accessibility, and technical mastery among students, pre-professionals, and audiences of all ages. We are honored to be the only arts organization to serve as a resident company for leading performance venues in Dallas and Fort Worth – Winspear Opera House and Bass Performance Hall. Our internationally recognized Company is built on a rich 60-year history and boasts a repertoire that is creative, artistically expressive, and collaborative.

Texas Ballet Theater is an equal opportunity employer. We are committed to creating a welcoming, inclusive, and respectful environment for all employees.

What We Have to Offer You

- Competitive per-class compensation in a premier arts organization.
- A respected and mission-driven company with a 60-year legacy.
- Be part of an innovative wellness program at the intersection of dance and movement education.
- A leadership team dedicated to the health, growth, and success of students and dancers.
- Access to a state-of-the-art boutique Pilates studio with premium Balanced Body equipment.

About Your Manager

- Passion for movement education, wellness, and the performing arts.
- Fosters a highly communicative, collaborative, and professional environment.
- Committed to building a high-quality, community-centered Pilates program.

Position Description

Texas Ballet Theater is seeking experienced, certified Pilates Instructors to join the founding team at TBT Pilates, our new boutique reformer studio opening in October, 2026, at 1500 Mall Circle, Fort Worth, TX. TBT Pilates is an extension of Texas Ballet Theater's commitment to whole-dancer development and movement education, supporting technical training, injury prevention, and long-term physical wellness for both dancers and the broader community. Instructors will teach small-group reformer classes and private sessions to a diverse client base including general adult community members, fitness enthusiasts, and TBT School and Company dancers. The studio is equipped with

Balanced Body Strata Studio Reformers, a Reformer Tower Combo, Combo Chairs, and a Ladder Barrel. This is a part-time, W-2 position with morning and afternoon/evening scheduling tracks available.

Essential Duties and Responsibilities

Instruction

- Teach scheduled small-group reformer classes (maximum 6 clients per session) across assigned weekly time slots.
- Deliver high-quality, technique-focused instruction in class formats including Foundations, Reformer Flow, Reformer Sculpt, Evening Flow, and Dancer Cross-Training.
- Provide safe, effective modifications and progressions tailored to each client's level and goals.
- Conduct private and semi-private instruction sessions on the Reformer Tower Combo (RTC) and Combo Chair as assigned.
- Teach the Dancer Cross-Training program for TBT School and Company dancers, integrating Pilates principles with the specific movement needs of pre-professional and professional dancers.
- Substitute for other instructors as needed to maintain schedule continuity.

Studio Operations

- Arrive prepared and on time for all assigned classes and sessions; maintain a professional, client-ready studio environment.
- Conduct pre-class equipment checks; ensure reformers and accessories are clean, properly adjusted, and safe for use.
- Greet and orient new clients; review health history forms and assess individual needs prior to instruction.
- Maintain accurate class attendance and session records as required.
- Communicate any equipment maintenance needs, client concerns, or scheduling conflicts to the Administrative Director of Schools or School Business Manager in a timely manner.
- Represent TBT Pilates and Texas Ballet Theater with professionalism, warmth, and integrity at all times.

Qualifications / Required Skills

- Comprehensive Pilates certification from an accredited program required (Balanced Body, BASI, Polestar, STOTT, or equivalent).
- Minimum of two years of experience teaching reformer-based Pilates in a professional or studio setting.
- Experience teaching diverse populations; experience with dancers or performing artists a significant plus.
- Experience teaching private or semi-private sessions on the Cadillac/Trapeze Table or Reformer Tower Combo required for instructors seeking private session hours; proficiency with the Combo Chair a plus.
- Familiarity with Balanced Body equipment preferred.
- Current CPR/First Aid certification required (or willingness to obtain prior to first class).
- Proficient in Google and Microsoft Office programs for scheduling and recordkeeping.
- Excellent verbal communication and interpersonal skills; ability to build rapport with clients of varying backgrounds and experience levels.

- Must have reliable transportation to report to 1500 Mall Circle, Fort Worth, TX.
- Ability to demonstrate exercises and maintain physical activity for extended periods; must be able to assist clients with equipment setup and lift up to 25 pounds as needed.

Attributes Needed to Be Successful

- **Professionalism:** Consistently represents TBT Pilates with integrity, warmth, and credibility. Punctual, reliable, and fully committed to the studio schedule.
- **Client Focus:** Attentive to individual client needs and goals; skilled at building relationships that foster long-term retention and community within the studio.
- **Communication:** Clear and effective verbal communication with clients, fellow instructors, and the administrative team. Demonstrates discretion and maturity in handling client information.
- **Adaptability:** Comfortable adjusting instruction in real time to accommodate varying client fitness levels, injuries, or energy. Open to teaching across multiple class formats and to a dancer-specific population.
- **Attention to Detail:** Meticulous in equipment setup, safety checks, and client form correction. Maintains accurate records and adheres to TBT standards.
- **Passion for Movement Education:** Genuinely enthusiastic about Pilates as a discipline and about contributing to a mission-driven arts organization.

Schedule & Availability

TBT Pilates operates on a structured weekly schedule. Instructors are hired into one of two scheduling tracks based on availability. Candidates should indicate their preferred track in their cover letter. Not all time slots are required of every instructor.

Morning Track

- Monday – Friday: morning sessions generally beginning between 8:00–9:30 AM, with potential for earlier start times as the schedule develops
- Saturday/Sunday: morning sessions generally beginning between 8:30–9:30 AM

Afternoon / Evening Track

- Monday – Friday: afternoon and evening sessions generally between 4:30–7:00 PM

Instructors available for both tracks are welcome to indicate cross-track availability. Substitution coverage across tracks may be requested on occasion. Specific class times are subject to adjustment as the studio schedule develops; instructors will be given reasonable advance notice of any scheduling changes.

The TBT Pilates schedule is expected to evolve as the studio grows. Instructors interested in expanding their hours through additional group classes or private instruction sessions are encouraged to express that interest; opportunities will develop as enrollment builds.

How to Apply

Please submit your resume and cover letter to humanresources@texasballet.org.

Next Steps: Because our new studio is awaiting the arrival of our custom Balanced Body equipment, our initial audition phase will be handled via video. If your application moves forward, we will need a 15–30 minute video of you teaching a Reformer session so we can see your cueing and flow in action. (You are welcome to include a video link with your initial application if you have one available!)