

**Pro-Fit Gym**  
**Fitness Coach Intern**  
**May 31<sup>st</sup> – July 30<sup>th</sup>**

The Pro Fit Gym, number one Crossfit Gym in Iowa located in the Iowa River Landing, is on the lookout for top-notch talent who meet our core values, which are enthusiasm, respectful, community driven, and growth oriented. We also include incredible perks, not to mention a laid-back office filled with smart, friendly people and positive energy. Those perks include accessibility to top notch adult fitness coaches, personal trainers who lead our classes. The classes are Crossfit and Athlete Development (6-9yrs,10+yrs). Our focus is to improve people's lives.

### Position Summary

The purpose of the Fitness Coach Intern position is to assist with the operation and implementation of health, wellness, and fitness programs, events, and services provided by the Pro-Fit Gym. Interns will promote the mission of the Department in action and spirit.

### Essential Duties/Job Responsibilities

- Provide mentorship and fitness coaching for members as needed
- Assist with use of cutting-edge technology for compiling data and reports for making training program decisions
- Help perform fitness evaluations for fitness program participants and personal training clients
- Successfully complete the Fitness Coach Curriculum
- Assist Coaches as needed
- Demonstrate ability to teach a minimum of one group exercise class format through team teaching, subbing, or placement on the group exercise teaching schedule
- Contribute to the marketing of all fitness and wellness programs and services through website promotions, newsletter articles, table events, social media, etc.
- Instruct special fitness programs as needed
- Assist gym staff with general day-to-day duties of the office
- Participate in the workouts three times per week or more
- Other responsibilities as agreed upon by the Practicum Supervisor