



GoodFit | Fit & Performance

Internship Position Description

GoodFit LLC is growing and we are excited to be expanding our team! Our dynamic environment is the perfect place for an educated, eager intern to develop into an impactful, top-tier trainer.

Our mission is to uplift our community, not only by helping our clients realize their fitness goals, but also through helping the next generation of trainers learn how to be successful outside of the confines of the traditional big box gym model.

What we expect from you

- An understanding of how the human body moves and functions
- Dependability and an eagerness to learn
- A passion for helping people improve their lives through fitness
- A desire to be part of a positive community that uplift each other

What we will provide

We will teach you the foundations of the GoodFit training philosophy from which you can build your own unique training style. We will take you from the theoretical world of personal training certifications and classroom talks about fitness to hands on work with clients. You will learn what actually moves the needle towards getting individuals results and how to adapt to the unique situations that different individuals present. You will learn the underlying principles of training that have made GoodFit the impactful gym it is while developing your own style around the core principles.

What the work entails

This is a part-time position starting at 10-15 hours per week with the ability to expand as you develop your skill set. We will begin with educational time with the Fit & Performance founders to learn our training principles and how to apply that to working with clients. As you learn the principles, you will begin to job shadow personal training sessions and group classes to see how those principles are applied to help clients achieve their fitness goals. As you begin to show competency, we will help you develop your own book of personal training clients. We will help you figure out the training approach for each new client and have checkups to help you overcome sticking points with clients. You will also have the opportunity to offer discounted personal training packages as you develop you book of clients. This is something that only you will be able to offer as we don't offer discounts on our services. As a team, we believe that helping our clients achieve their goals starts with the space that we provide them. We take extreme pride in providing a clean and well-maintained facility. We will all be responsible for maintaining a facility that we are proud to train in.

The details

- This is a part-time position averaging 10-15 hours per week
- Pay rate is \$16.75 per hour
- 4 hour shift schedule options: (days/hours may vary for onboarding)
 - Mornings: 8am – 12pm or 10am – 2pm
 - Evenings: 4pm – 8pm (Tuesdays & Thursdays only)
 - Saturdays: 8am – 12pm (approximately 2 Saturdays per month)

The perks

If you have established clients, we can discuss a commission structure when they sign up at Fit & Performance.

You have the option to attend classes at no cost during your internship. You must complete all waivers and follow the in-app onboarding to book your class times. In the event of a waitlist, all interns and staff are asked to remove themselves to give priority to paying members.

Location

Goodfit + FitFight
8107 Steliacoom Blvd. SW
Lakewood, WA 98598

How to apply

Submit your resume and cover letter to Rachel at GoodFit4all@gmail.com