



TIG Strength & Conditioning Coach

Location | Brighton

PT FLSA Classification | Non-Exempt, Part Time

Reports to | TIG Lead

Position Summary:

At TIG Strength & Conditioning, our coaches are responsible for maintaining high-quality coaching for athletes of all fitness levels. It is mandatory that our coaches provide a safe and positive environment for our members of all ages. Other responsibilities include occasional retail and membership sales, equipment maintenance, and involvement in community functions. Some class programming and social media updating may be included as well.

As a Staff Member:

- Treat all people with respect
- Adhere to the culture in the 2142 Community Center
- Staying motivated and willing to learn

What To Expect From Us:

- Clear Expectations
- Respect
- Positive atmosphere and interactions

What We Expect From You:

- Certification and/or demonstrated fitness and coaching experience
- Keep up class morale
- Availability during the day throughout the week
- Arrive 15 minutes early and prepared to every class
- Accept responsibility for properly storing and locking up equipment and rooms after class.
- Advance notice if unable to fulfill coaching duties

Employee Signature: _____ Date: _____

Reviewed by: _____ Date: _____