

## **Metro CrossFit CrossFit Coach**

Metro CrossFit is looking to hire experienced CrossFit coaches. We currently run CrossFit programming at three locations for a combined 55+ classes. We are looking for dynamic individuals who live and breathe CrossFit and are passionate about sharing this with others.

Minimum requirements include: high school graduate, CrossFit Level 1 Trainer Certificate, valid CPR/First Aid and one year of coaching experience. Additional certifications and trainings such as Olympic lifting, CrossFit Coaches Prep, Endurance, kettlebell, personal training, etc. are a benefit for this position. It is critical that applicants have excellent verbal communication and listening skills and are able to work with a diverse athlete skill set.

This position reports to our Director of CrossFit. Requirements and responsibilities of the position include but are not limited to:

- Leading classes through warm up and mobility and providing clear instructions.
- Supporting and encouraging all athletes, regardless of experience and ability level.
- Ensuring safety by adhering to movement standards outlined by Metro CrossFit.
- Following Metro programming as written by the Director of CrossFit.
- Working with skilled and new athletes to provide scaling options.
- Being a team player and helping out around the gym as necessary.
- Cleanliness of the training floor after your class and ensuring athletes have wiped down and stored all equipment properly.
- Strong organizational skills.
- Timeliness
- Professional appearance and attitude

Compensation is \$20 per class and includes a complimentary membership to all Metro locations. Interested candidates should submit their resume to [debbie@metrofitnessclub.com](mailto:debbie@metrofitnessclub.com). Candidates who make it to the second round of interviews will be required to coach a CrossFit class as an audition.