



**Position:** Internship  
**Location:** All locations  
**Position Type:** Full-time or Part-time; In-person or Remote  
**Compensation:** Unpaid

**ICW's mission is to reduce gun violence by amplifying the voice and agency of people who have been most impacted by systemic racism and mass incarceration.**

We partner with program participants through case management and careers in and beyond personal training. Individuals are elevated as experts in fitness and the social issues they've lived. ICW is a culture and community in which power dynamics are flipped, social capital is bridged, and new leaders emerge in the fight to combat long-standing inequities.

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**Position Overview:** As a growing organization, InnerCity Weightlifting (ICW) is always looking for interns. We have a wide range of opportunities available across departments. Overall, we appreciate interns who are eager to learn, and will contribute to our development & growth.

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#### **Opportunities:**

- **Case Management** – Alongside our Program team, Case Management Interns will work directly with the population ICW serves. Daily responsibilities may include helping participants gain access to identification, housing, food, jobs, or any other requests made.
- **Member Services** – Working on the social enterprise side of the organization, Member Services Interns assist ICW clients (or potential clients) by answering questions about the gym, membership structures, amenities as well as scheduling, payment processing, and membership adjustments.
- **Development / Fundraising** – Development Interns help our Development team raise money that moves ICW forward so we can continue our work. This may include working on grant applications, speaking with donors, or tracking revenue data.
- **Exercise / Health Sciences** – Collaborate with our team of coaches, some with 20+ years of experience in the industry, to learn about the fitness world and all that goes into it. Exercise/Health Interns would have the opportunity to work with ICW participants and/or personal training clients.
- **Marketing** – Let's spread the word about ICW! Marketing Interns would be involved in generating more community connections for ICW's personal training services or philanthropic mission. This work would be done through generating ads or social media content for publishing.
- **Operations / Human Resources** – Assist our Operations/Human Resource Team monitor the functionality of all gyms and offices. Tasks may include assisting the team with restocking gym supplies, paying monthly bills, the hiring process or data tracking.

**Qualifications:**

- Interest in social justice and passionate about ICW mission
- Experience using Google platforms and Microsoft Office preferred
- Demonstrated personal/professional experience to understand challenges within the criminal justice system
- Willing and able to take feedback and adjust behavior as needed
- Must be able to work both collaboratively and independently to help advance the mission, work, and opportunities of ICW and our Participants

*ICW values a diverse workplace and strongly encourages people of color, women, LGBTQ+ individuals, people with disabilities, members of ethnic minorities, foreign-born residents, veterans, and formerly incarcerated individuals to apply. ICW is an equal opportunity employer. Applicants will not be discriminated against because of race, color, creed, sex, sexual orientation, gender identity or expression, age, religion, national origin, citizenship status, disability, ancestry, marital status, veteran status, medical condition or any protected category prohibited by local, state or federal laws.*

**To apply, please visit our [careers page](#).**