



ICW Coach in Residence Overview

InnerCity Weightlifting's (ICW) mission is to amplify the voice and agency of people 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.

Overview:

As an ICW Coach in Residence, you are a valued part of the ICW training community. By working with your independent training clients at an ICW gym, you are able to serve your clientele while making (and experiencing) an impact. Rather than paying high fees to train at a big box, for-profit gym, ICW Coaches in residence are able to train their clients by paying only **\$30/session** to a non-profit organization with a deeply impactful mission.

As a Coach in Residence, you are responsible for:

- Reporting your training schedule to the Operations team at the end of each month, ensuring 100% accuracy
- Paying monthly invoices in a timely manner (within 30 days)
- Ensuring to uphold all safety precautions exercised by ICW staff, including student & location confidentiality procedures, ensuring independent clients do the same
- Being not only a respectful community member, but bridging relationships with all ICW trainers to earn trust
- Marketing your own personal training services as independent of ICW, with all of the benefits of using the space - this includes maintaining independent training operations, and not taking on any ICW clients as one's own
- Be courteous and respectful of other sessions occurring in the gym; share the space and equipment
- Contribute to the maintenance of the gym, ensuring cleanliness and organization of the space and equipment
- Providing your own insurance coverage (more details to follow)

Note: This is initially a short-term commitment (3-6 months) with the opportunity to extend to long-term.

Benefits:

- Free personal use of gym spaces 24/7
- Being a part of the ICW community and contributing to a larger mission of dismantling historically oppressive systems
- Freedom to create and design your own schedule
- Opportunity to build your own personal training business

If you are interested, please email LarissaC@innercityweightlifting.org.

ICW values a diverse workplace and strongly encourages people of color, women, LGBTQ+ individuals, returning citizens, people with disabilities, members of ethnic minorities, foreign-born residents, and veterans 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.