

SEATTLE, WA

PART-TIME COACHING POSITION

INDUSTRIOUS WORK HARD. LIVE FIT.®

**POSITION:
COACH**

**HOURS:
PART-TIME**

**LOCATION:
SEATTLE,
SOUTH LAKE UNION**

AT INDUSTRIOUS, OUR MISSION IS TO EMPOWER OUR COMMUNITY TO ENRICH THEIR QUALITY OF LIFE THROUGH HARD WORK AND IMPROVED FITNESS.

JOB REQUIREMENTS:

- LEAD AND COACH GROUP CLASSES, MANAGE FLOW, PROVIDE INSTRUCTION, AND MAINTAIN SAFETY
- SERVICE MEMBERSHIP INQUIRIES, PROVIDE INFORMATION ABOUT PROGRAMS, AND PROCESS SALES
- ATTEND TEAM MEETINGS AND IMPLEMENT OTHER INITIATIVES UNDER THE DIRECTION OF MANAGEMENT.
- PASSION FOR CONTINUED LEARNING AND PERSONAL GROWTH AND DEVELOPMENT



EDUCATION AND EXPERIENCE

- HIGHSCHOOL LEVEL EDUCATION OR HIGHER
- 3+ YEARS OF CROSSFIT EXPERIENCE
- CROSSFIT LEVEL 1 CERTIFICATION (WITHIN 180 DAYS OF EMPLOYMENT)

HOW TO APPLY

TO APPLY, PLEASE FILL OUT, SCAN, AND EMAIL COMPLETED EMPLOYMENT APPLICATION FORM (BELOW) TO THE GYM MANAGER OF THE LOCATION WHICH YOU ARE APPLYING FOR.

INDUSTRIOUS - LYNNWOOD:

CHRYSANDRA@CROSSFITINDUSTRIOUS.COM

INDUSTRIOUS - SOUTH LAKE UNION:

JEREMY@CROSSFITINDUSTRIOUS.COM



LYNNWOOD, WA

PART-TIME COACHING POSITION

INDUSTRIOUS WORK HARD. LIVE FIT.®

**POSITION:
COACH**

**HOURS:
PART-TIME**

**LOCATION:
LYNNWOOD**

AT INDUSTRIOUS, OUR MISSION IS TO EMPOWER OUR COMMUNITY TO ENRICH THEIR QUALITY OF LIFE THROUGH HARD WORK AND IMPROVED FITNESS.

JOB REQUIREMENTS:

- LEAD AND COACH GROUP CLASSES, MANAGE FLOW, PROVIDE INSTRUCTION, AND MAINTAIN SAFETY
- SERVICE MEMBERSHIP INQUIRIES, PROVIDE INFORMATION ABOUT PROGRAMS, AND PROCESS SALES
- ATTEND TEAM MEETINGS AND IMPLEMENT OTHER INITIATIVES UNDER THE DIRECTION OF MANAGEMENT.
- PASSION FOR CONTINUED LEARNING AND PERSONAL GROWTH AND DEVELOPMENT



EDUCATION AND EXPERIENCE

- HIGHSCHOOL LEVEL EDUCATION OR HIGHER
- 3+ YEARS OF CROSSFIT EXPERIENCE
- CROSSFIT LEVEL 1 CERTIFICATION (WITHIN 180 DAYS OF EMPLOYMENT)

HOW TO APPLY

TO APPLY, PLEASE FILL OUT, SCAN, AND EMAIL COMPLETED EMPLOYMENT APPLICATION FORM (BELOW) TO THE GYM MANAGER OF THE LOCATION WHICH YOU ARE APPLYING FOR.

INDUSTRIOUS - LYNNWOOD:

CHRYSANDRA@CROSSFITINDUSTRIOUS.COM

INDUSTRIOUS - SOUTH LAKE UNION:

JEREMY@CROSSFITINDUSTRIOUS.COM



INDUSTRIOUS

WORK HARD. LIVE FIT.®

EMPLOYMENT APPLICATION FORM

CONTACT INFORMATION

NAME:

ADDRESS:

PHONE / EMAIL:

DESIRED POSITION / LOCATION:

HOW DID YOU HEAR ABOUT THIS POSITION?

EDUCATION/QUALIFICATIONS

HIGHSCHOOL -

GRADUATION DATE:

COLLEGE/UNIVERSITY-

DATES:

FIELD OF STUDY:

DEGREE OBTAINED: Y N

ONGOING PROFESSIONAL DEVELOPMENT-

DESCRIPTION:

TRAINING & DEVELOPMENT

USE THE SPACE BELOW TO GIVE DETAILS OF ANY TRAINING OR DEVELOPMENT WHICH IS RELEVANT TO THE POSITION YOU ARE APPLYING THAT MAY SUPPORT YOUR APPLICATION:

EXAMPLE: CROSSFIT LEVEL 1

EMPLOYMENT HISTORY

PLEASE INCLUDE ANY PREVIOUS EXPERIENCE (PAID OR UNPAID), STARTING WITH THE MOST RECENT.

NAME OF EMPLOYER:

ADDRESS:

POSITION HELD:

DATES:

REASON FOR LEAVING:

ENDING OR CURRENT SALARY:

BRIEF DESCRIPTION OF DUTIES:



EMPLOYMENT HISTORY (CONT.)

PLEASE INCLUDE ANY PREVIOUS EXPERIENCE (PAID OR UNPAID), STARTING WITH THE MOST RECENT.

NAME OF EMPLOYER:

ADDRESS:

POSITION HELD:

DATES:

REASON FOR LEAVING:

ENDING OR CURRENT SALARY:

BRIEF DESCRIPTION OF DUTIES:

NAME OF EMPLOYER:

ADDRESS:

POSITION HELD:

DATES:

REASON FOR LEAVING:

ENDING OR CURRENT SALARY:

BRIEF DESCRIPTION OF DUTIES:

DECLARATION

PLEASE COMPLETE THE FOLLOWING DECLARATION AND SIGN IN THE APPROPRIATE PLACE BELOW. IF THIS DECLARATION IS NOT COMPLETED AND SIGNED, YOUR APPLICATION WILL NOT BE CONSIDERED.

I CONFIRM THAT ALL THE INFORMATION GIVEN BY ME ON THIS FORM IS CORRECT AND ACCURATE AND I UNDERSTAND THAT IF ANY OF THE INFORMATION I HAVE PROVIDED IS LATER FOUND TO BE FALSE OR MISLEADING, ANY OFFER OF EMPLOYMENT MAY BE WITHDRAWN OR EMPLOYMENT TERMINATED

SIGNATURE:

DATE:

AVAILABILITY

PREFERRED SHIFTS:
PLEASE NUMBER IN ORDER OF PREFERENCE (1 being the most preferred, 4 being the least preferred). HOURS VARY BASED ON POSITION AND/OR LOCATION.

MORNINGS (5AM - 1PM)

EVENINGS (1PM - 9PM)

SATURDAYS (7:00AM - 2PM)

SUNDAYS (7:00AM - 2PM)

EARLIEST START DATE:

DO YOU HAVE ANY RESTRICTIONS ON THE HOURS YOU ARE ABLE TO WORK?



MORE INFO ABOUT YOU:

1. WHAT OTHER EXPERIENCE(S) DO YOU HAVE IN THE FITNESS INDUSTRY?
2. WHAT OTHER EXPERIENCE(S) DO YOU HAVE IN THE SERVICE INDUSTRY?
3. HOW LONG HAVE YOU BEEN DOING CROSSFIT? WHERE?
4. ARE YOU A CURRENT MEMBER AT INDUSTRIOUS? IF SO, FOR HOW LONG?
5. WHY DO YOU WANT TO WORK FOR INDUSTRIOUS?
6. WHAT ARE YOUR TOP 5 VALUES?
6. WHAT DOES, "LIVING THE BEST LIFE POSSIBLE" MEAN AND LOOK LIKE TO YOU?

SUBMIT COMPLETED APPLICATION ELECTRONICALLY TO:
CHRY SANDRA@CROSSFITINDUSTRIOUS.COM | LYN APPLICANTS
JEREMY@CROSSFITINDUSTRIOUS.COM | SLU APPLICANTS

