



## **Iron View Fitness Internship Program**

### **Overview:**

Iron View Fitness offers an immersive, hands-on internship experience for students looking to gain real-world knowledge in fitness training, sports performance, and gym operations. Interns will work closely with trainers, staff, and members while developing practical skills applicable to their future careers.

### **Program Structure:**

- **Duration:** 8-12 weeks (flexible based on academic schedules)
- **Commitment:** 10-15 hours per week
- **Compensation:** Unpaid, but with certification reimbursement (up to \$500) for credentials earned during the internship
- **Location:** Iron View Fitness, Lincoln, NE

### **Internship Benefits:**

- Hands-on experience working with members and athletes
- Mentorship from experienced trainers and fitness professionals
- Opportunity to shadow personal training and group fitness sessions
- Exposure to gym management, programming, and facility operations
- Professional development and sales opportunities to build a clientele
- Certification reimbursement (up to \$500) upon successful completion of the program
- Potential to be hired on as an independent contractor Personal Trainer at Iron View

### **Intern Responsibilities:**

- Assist with gym operations and member engagement
- Support trainers in client programming and performance tracking
- Lead warm-ups, cooldowns, and mobility exercises, working into running a full training session
- Conduct research on training techniques and injury prevention
- Participate in Iron View community events
- Assist in social media content creation

### **Eligibility Requirements:**

- Currently enrolled in a related college program (or recent graduate)
- Passion for fitness, training, and helping others
- Strong communication and teamwork skills

- Commitment to learning and professional growth

**Application Process:**

1. Submit an application including resume and a short statement of interest to [hello@ironviewfitness.com](mailto:hello@ironviewfitness.com)
2. Interview with Iron View Fitness leadership