Public Relations Intern at Pro Fit Gym

The Pro Fit Gym is recognized as the best CrossFit gym in Iowa. We are located in the Iowa River Landing (IRL) 770 Quarry Rd., Coralville, IA.

We’re currently seeking a Public Relations Intern who will promote positive interactions of our members and our facility within the gym and within the community. This intern will create timely and targeted content, and make things happen. We want someone who can help interpret the needs of the business, analyze the current situation, and implement public relations strategies. Beyond any experience in public relations, we hire based on enthusiasm, respect, goal-oriented, and community driven qualities.

What you’ll do

- Anticipate, analyze and interpret information and data that may impact the operations, performance and business interests
- Prepare marketing and public relations recommendations that are designed to solve problems, provide solutions and get results
- Write, edit, prepare and distribute fact sheets, news releases and other pertinent forms of writing
- Potentially, manage relationships with key reporters/editors
- Pitch story ideas to reporters/editors
- Coach members on media training and media interviewing
- Maintain positive working relationships with the other departments, in order to enhance project workflow, cultivate a positive working environment, and evaluate potential PR opportunities

Benefits

- Unlimited access to the adult classes: crossfit (led by personal trainers), hot yoga, and spin classes
- Fitness and well-being experience and knowledge
- Access to personal trainers
- Community involvement

If this internship sounds like it’s meant for you, apply and include resume and cover letter to Zach Kyte, zach@theprofitgym.com

Be fit.
Be challenged.
Be involved.
Be well.
CrossFit Instructor/Coach Intern

The Pro Fit Gym, number one Crossfit Gym in Iowa located in the Iowa River Landing, is on the lookout for top-notch talent who meet our core values, which are enthusiasm, respectful, community driven, and growth oriented. We also include incredible perks, not to mention a laid-back office filled with smart, friendly people and positive energy. Those perks include accessibility to top notch adult fitness coaches and personal trainers who lead our classes. The classes are Crossfit, Yoga, and Spin. There are also several student-athlete clubs. Our focus is to improve people’s lives.

Position Summary

The purpose of the Fitness/Wellness Intern position is to assist with the operation and implementation of health, wellness, and fitness programs, events, and services provided by the Pro Fit Gym. Interns will promote the mission of the Department in action and spirit

Essential Duties/Job Responsibilities

- Provide mentorship and fitness/wellness coaching for members as needed
- Assist in compiling participation data and the completion of necessary reports
- Help perform fitness evaluations for fitness program participants and personal training clients
- Job shadow a Personal Trainer/coach
- Successfully complete the Fitness Center staff training program
- Work in the Fitness Center as needed
- Demonstrate ability to teach a minimum of one group exercise class format through team teaching, subbing, or placement on the group exercise teaching schedule
- Contribute to the marketing of all fitness and wellness programs and services through website promotions, newsletter articles, table events, social media, etc.
- Instruct special fitness programs as needed
- Implement departmental emergency procedures as necessary
- Assist fitness/wellness staff with general day-to-day duties of the office
- Participate in the workouts three times per week or more
- Other responsibilities as agreed upon by the Practicum Supervisor, Assistant Director-Programs, and student

Please submit resume and cover letter via email to Zach Kyte, zach@theprofitgym.com if interested in applying. We look forward to learning more about you!

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Data Analyst Intern

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What you will be doing at The Pro Fit Gym as a Data Analyst?

- Analyze initiatives and translate results from data into actionable insights that help drive business goals and improve company performance.
- Develop and automate analytical reports for various business units to enable educated decision making.
- Data Entry
- Regularly present and share findings to drive new business initiatives and evangelize Business Intelligence and Analytics tools and strategies.
- Monitor and analyze key metrics and execute recurring analyses and reporting.
- Manage data using tools to ensure we are capturing the necessary data to evaluate the business.
- Possibly analyze websites to ensure site traffic and conversion funnels are performant and provide recommendations to test and optimize new features and products.
- Possibly, work with partners and vendors to acquire, store, and report on third party data ensuring functional, performance, and quality requirements are met.
- Develop and maintain strong relationships with internal teams and provide analytical support as necessary.
- Prioritize development related to data initiatives including new data acquisition, database performance optimization, new metric calculations, machine learning models, etc.

We’d love to chat if you have:

- Ability to help collect and analyze data sets, manipulate data, and make data driven recommendations.
- Organizational, technical writing, oral and interpersonal communication skills, and keen attention to detail.
- Ability to prioritize and handle multiple initiatives / tasks in parallel as well as changing priorities.

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