



Middle School Fitness Instructor (Washington Heights & the South Bronx)

I Challenge Myself (ICM), a nonprofit organization in NYC, seeks a motivated fitness coach to co-lead the I Challenge Myself 4toFit program at a middle school in Washington Heights and/or the South Bronx. Coaches will co-lead the sessions alongside a PE teacher.

4toFIT is a physical education (PE) class that provides students with the building blocks to lead and maintain a healthy lifestyle, develop self-esteem and persevere in reaching fitness goals. 4toFIT helps middle school students become more physically active during PE class building physical and mental resilience in life.

Fitness Coach Responsibilities:

- Co-lead in person fitness classes (20-25 students/class)
- Facilitate PE workouts, goal-setting, lessons and activities for students
- Track student fitness goals
- Implement 4toFit framework to enhance PE experience for students
- Take attendance in Salesforce at each session.
- Manage ICM inventory and fitness equipment
- Facilitate workshops by planning and implementing youth-led service learning projects.
- Motivate students to participate in program assessment activities.
- Work with management staff to use outcome data findings for program improvements.

Qualifications:

- A high school diploma or college graduate
- 2-3 years experience teaching or coaching youth
- Bilingual (Spanish and English), a plus
- Strong communication skills, both oral and written.
- Able to work independently and as a part of a team
- First Aid - CPR/Certified, preferred
- Ability to lift 20-40 lbs
- NASM certification, preferred

- Knowledge of Salesforce platform, a plus
- Physical Education teaching experience, preferred
- Must be vaccinated
- Background check required

Compensation: \$25-\$40 per hour, Depending on Experience

Schedule:

Part Time - Approximately 5-10 hours per week

How to Apply:

Upload your resume and cover letter to the link above

or email your resume and cover letter to **info@ichallengemyself.org**. Please include the job title in the subject line of your email.

ICM is an equal opportunity employer and does not discriminate on the basis of race, color, national or ethnic origin, religion, sex, sexual orientation, age, or marital status. Applications from women and people of color are strongly encouraged.