

## GROUP COACH RESPONSIBILITIES AND BENEFITS

### RESPONSIBILITIES

#### → Coaching Classes

- ◆ Group Coaches will be set to a regular schedule that may change and evolve over time.
  - Run a professional, engaging, and effective class. Prepare with a lesson plan. Ask questions. Promote safety, virtuosity, and pursue development in The Six and The Eight in regards to your coaching.

#### → Open and Close the Gym

- ◆ When necessary. See Staff Handbook articles for details.

#### → Uphold the Code of Conduct of Gifford Fitness and its Members, Staff. Push forward the Mission of Gifford Fitness

- ◆ [Code of Conduct](#)
- ◆ [Mission and Values](#)

#### → Be present with team communication and pursue “better”- always.

- ◆ We don't do “hobby coaches”. This is a profession, and it requires a high level of skill in order to be done properly. Our clients are entrusting us with their health- no matter to be taken lightly. Always pursue being a better version of yourself, improve on your coaching abilities, your health, and your well-being.

### COMPENSATION

Group Coach			Requirements
Group Coaching L1	\$20.00	per hour	CF-L1
Group Coaching L2	\$25.00	per hour	CF-L2 or 2x Relevant Certifications
Group Coaching L2+	\$30.00	per hour	Based on Performance Test
Group Coaching L3	\$35.00	per hour	CF-L3
Group Coaching L3+	\$40.00	per hour	Based on Performance Test
Group Coaching L4	\$45.00	per hour	CF-L4 or CF HQ Seminar Staff

#### → Continuing Education

- ◆ \$1 for every class that you run for us. This can be used at any time, with our approval use. If you want to know your current total, just ask and we'll tally it up for you.
- ◆ Coach will maintain progress for Continuing Education on an annual basis, at a minimum. [See here.](#)

#### → Unlimited Membership to Gifford Fitness

- ◆ Open access to the gym when not otherwise in use.

