

Fitness Union – Strength Coach Job Posting

Now Hiring: Strength Coach at Fitness Union (NE Portland)

Position: Small Group Cohort Coach

Location: NE Portland

Schedule: Mondays & Wednesdays, 6 AM to 1 PM (with flexibility for the right fit)

Type: W-2 Employee, In-Studio

Future Hours: Additional opportunities possible as we grow

Pay ranges from \$30-50 depending on experience and qualifications

About Fitness Union

Fitness Union is a trauma-informed strength training studio built on connection, collaboration, and care. We guide small-group cohorts to build strength, mobility, and confidence through intentional movement. Most of our members are new to strength training and looking for a supportive space to grow—physically and personally.

We're located in a historically Black neighborhood in NE Portland and are committed to honoring the roots of our community while creating inclusive, welcoming spaces for all. We strongly encourage BIPOC, queer, and underrepresented coaches to apply.

We're also entering a growth phase, and this role may expand to include more coaching hours, personal training, and leadership opportunities in the near future.

What You'll Do

- Coach small-group strength cohorts (max 6 people)
- Build authentic relationships with clients
- Create a welcoming, inclusive training space
- Serve as a keyholder (open/close the studio)
- Option to offer personal training or workshops
- Help shape our evolving offerings as we grow

Who This Role Is For

- Certified personal trainer or strength coach
- Trauma-informed or willing to learn (training is covered)

- Passionate about working with beginners
- Morning person with leadership energy
- Communicates with care and curiosity
- Interested in long-term growth as part of a values-driven team

How to Apply

Please send an email to kim@fitnessunionpdx.com and sukho@hoopagain.com including:

1. Your answers to these four questions:
 - What excites you about the idea of coaching at Fitness Union?
 - What certifications do you currently hold?
 - What types of clients or movement practices do you feel most aligned with?
 - Have you worked with small groups or cohorts before?
2. Your availability for Monday + Wednesday mornings
3. Your résumé
4. (Optional) Your Instagram handle or website