



The Cafe Internship Position is a non-monetary, paid position; however, it includes a great number of benefits and discounts on services that we offer at TFC.

**Benefits Include:**

- FREE Boot camps; weekly classes; most pop-up classes and events; and alkaline water
- Discounted rates (up to 50% off) on- Cafe food items; TFC supplements and apparel; Wellness Center services (IV therapy, Vitamin B-12 shots, Covid-19 testing, Blood type testing, cholesterol testing, and A1c testing)
- Fit 3D scans

\*Exclusions include- Intramax, Bioté services and supplements, and Personal Training

**Scheduling Requirements Include:**

- 2 shifts (evening) per week (usually 5:00- 8:30 pm)
- 2 Saturdays per month (usually 7:45-11:15 am)
- Occasional Special event

For more information and next steps, please contact:

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