

BIRMINGHAM BUSINESS JOURNAL

Meet the 2023 Best Places to Work: Iron Tribe Fitness

Company size: Small 25-39 employees

Number of local employees: 27

Best Places to Work rank: 3

Best Places to Work score: 96.30

Our ideal employee is: Driven

A deal-breaker trait for a potential new employee is: Lazy

Is your company currently hiring? Yes



What makes your company a Best Places to Work?

We believe Iron Tribe Fitness is the Best Place to Work because the employees are unified in one goal — to change the lives of others through accountability, nutrition and skills.

What's the vibe in your office?

We are driven, motivated, collaborative and dedicated to changing lives and helping each other grow in their work life and daily life.

Are you fully in office, hybrid, WFH or a combination?

We are a combination of both. Obviously, our coaches and managers are in the office 100%, but we have corporate roles which are hybrid.

What sort of advancement opportunities do you offer?

Our floaters and coaches always have advancement into full-time positions or sales/franchise opportunities. In addition, we offer continuing education for staff to further their knowledge in nutrition and fitness.

How does your CEO interact with the staff?

Forrest (Walden) communicates daily with staff not only through visits at all the locations but holds an open-door policy for anyone in the brand.

What tips do you have for helping all the very different generations in the workplace get along and have fun working together?

Set aside time outside the workplace to meet up and spend quality time, arrange times for each generation to mentor the other.

How does your pay, insurance, 401(k) compare to other companies?

Iron Tribe Fitness pays salaries 90% better than most in the fitness industry, while also creating jobs that are sustainable to raise a family; 60% insurance covered, flexible spending account, and matches up to 3% of 401(k).

What percent diverse is your company? 15%