

Paid Personal Training Internship

Job Description / Summary:

We are looking for dedicated, effective, dynamic individuals with great interpersonal skills who want to build a career in the fitness industry and join our personal training team. The first step is a 6-8 week, approximately 3 hour/week internship starting in late May/early June. Interns can also be considered for part-time employment in the club during this period (at the front desk and/or shake bar) paid hourly.

Position Details:

- During the internship, extensive training will be provided on our training methodology and systems, after which you will be asked to follow program protocols written by the program design department, describe proper exercise techniques to your clients and instill motivation and knowledge in your clients to reach their goals.
- The internship will likely start in late May/early June and run for 6-8 weeks with additional optional hours for mirroring and some paid work depending on business needs and candidate's experience.
- Eventually you will be asked to perform fitness consultations/assessments with new prospects, doing a medical history, body fat testing, measurements, goal assessments, flexibility testing and a functional movement screening and explaining our philosophies.
- Work as a team with other fitness coaches to meet the company goals.
- At the completion of the internship, we will be considering top candidates for future full time or part time positions.

Job Requirements Include:

- Must have (or complete) a nationally recognized personal training certification (NASM, NSCA or similar preferred) by end of internship.
- Be willing to invest your time and effort to further your knowledge and career
- Have a flexible schedule and eventually plan to work up to 30-40 hours per week after the internship and exclusively for our facility.
- Previous personal training experience is a plus (but not absolutely required)
- Have a current CPR/AED certification

- Demonstrate an enthusiasm for helping clients achieve results
- Possess honesty, personal integrity, and a strong work ethic
- Intend to pursue a career in health/fitness
- Be mature and professional with strong communication and sales skills
- Have excellent time management, organizational and follow-up skills
- Must be personable and enjoy working with all types of people
- Must be a team player and subscribe to the core values of the club
- Sales Skills a plus, but not required.

Job Income, Incentives & Benefits

- Generous compensation package structured to increase with the knowledge, experience, and proficiency of the individual.
- Training Interns are paid a base/floor rate starting at approximately \$15.49-17/hour when hired for non-client time.
- Trainers are paid a client rate of \$17 to \$20 per hour for each hour working with a single client, 2 and eventually 3 client sessions per hour.
- Health insurance is made available, and the portion paid by the club is increased as client hour goals are met.
- Continuing education is strongly encouraged, and rate increases are provided for approved courses.

How it works:

- If you are interested in applying for this position, you will need to submit your resume with a cover letter, detailing what you are looking to get out of this position and why you think you would be a good fit for our team, through Indeed.
- Qualified candidates will be contacted for a telephone interview, followed by in-person interviews at the club.
- Those accepted will be invited to complete the internship at our facility. The internship will be approximately 3 hours per week for a period of 6-8 weeks starting at the end of February.
- During this time, you will learn the ropes of our training model and systems, become part of our culture and find out if this is the place for you long term.
- Interns can also be considered for working at the front desk and shake bar of the club for part-time employment during their internship. These hours will be paid at \$15.49 to \$17 per hour depending on the qualifications and initial performance of the job. Schedule can be easily worked around your

internship hours, and it will provide additional opportunities for supervised floor time.

- Once we feel you are ready, you will begin coaching individual clients and then progress to semi-private sessions. You will be paid a base rate for your non-session time and a higher client rate for each hour you are working with a client.
- The next step is to maintain 32-40 client hours a week and become a full-time employee on salary with benefits.
- We only promote from within the company.