

TRAINER

The People Person
The Builder

Job Description

Fitness trainers lead, instruct, and motivate individuals or groups in exercise activities, including cardiovascular exercise (exercises for the heart and blood system), strength training, and stretching.

Things to do in High School



Play sports.



Volunteer with a coach.



Talk to other trainers to get an insider's perspective of the career.

Median Salary

\$38,160

How to Land your First Job

- A** Get certified.
- B** Call fitness clubs in your area.
- C** Start working at a club: The big ones (like 24 hour fitness) hire more trainers than a smaller club so you might have a better chance getting your first job at one of the bigger clubs.
- D** Figure out your specialty and be the go to person for that specialty.



Where do they work?

Gyms and Health Clubs

Online: Many personal trainers now do training videos and group exercise videos.

Cruise Ships

Private:

Individuals at their home.

Specialized Gyms:

CrossFit, Yoga, Pilates, Barre Method...etc

Resorts, Wellness Centers



To learn more about this career, visit

www. **GLADEO** .org

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