

FITNESS AND TRAINING INSTRUCTORS

Fitness trainers and instructors lead, instruct, and motivate individuals or groups in exercise activities, including cardiovascular exercise (exercises for the heart and blood system), strength training, and stretching. They work with people of all ages and skill levels.

DUTIES

Fitness trainers and instructors typically do the following:

- Demonstrate how to carry out various exercises and routines
- Watch clients do exercises and show or tell them correct techniques to minimize injury and improve fitness
- Give alternative exercises during workouts or classes for different levels of fitness and skill
- Monitor clients' progress and adapt programs as needed
- Explain and enforce safety rules and regulations on sports, recreational activities, and the use of exercise equipment
- Give clients information or resources about nutrition, weight control, and lifestyle issues
- Give emergency first aid if needed

Both group and specialized fitness instructors often plan or choreograph their own classes. They choose music that is appropriate for their exercise class and create a routine or a set of moves for a class to follow. Some may teach pre-choreographed routines that were originally created by fitness companies or other organizations.

Personal fitness trainers design and carry out workout routines specific to the needs of their clients. In larger facilities, personal trainers must often sell their training sessions to members. They start by evaluating their clients' current fitness level, personal goals, and skills. Then, they develop personalized training programs for their clients to follow, and they monitor the clients' progress.

Fitness trainers and instructors in smaller facilities often do a variety of tasks in addition to their fitness duties, such as tending the front desk, signing up new members, giving tours of the fitness center, writing newsletter articles, creating posters and flyers, and supervising the weight-training and cardiovascular equipment areas.

In some facilities, a single trainer or instructor may provide individual sessions and teach group classes.



SALARY INFORMATION

Location	2018				
	10%	25%	Median	75%	90%
California	\$25,060	\$29,890	\$47,990	\$63,190	\$83,010

*Pay period based on yearly amount.

EMPLOYMENT OUTLOOK



Stable growth rate is estimated to be **10%**



6,550 estimated annual job openings

Gyms and other types of health clubs offer many different activities for clients. However, trainers and instructors often specialize in only a few areas. The following are some types of fitness trainers and instructors:

- *Personal fitness trainers*
- *Group fitness instructors*
- *Specialized fitness instructors*
- *Fitness directors*

RELATED OCCUPATIONS

- Coaches and Scouts ☀️
- Orthotists and Prosthetists
- Fish and Game Wardens 🌿
- Chefs and Head Cooks
- Cooks, Restaurant ☀️
- Recreation Workers ☀️
- First-Line Supervisors of Logging Workers 🌿

