



JOB SUMMARY:

Job Description – Fitness & Wellness Intern

The Fitness & Wellness Intern will work with an established trainer to gain hands on experience in group fitness and personal training. They will assist in the daily operations of Fitness & Wellness and in the marketing/promotion of the program.

QUALIFICATIONS:

- Strong leadership skills and work ethic
- Must be an outgoing team player with excellent interpersonal, management, and organizational skills
- Resourceful
- Must be planning to pursue a career in personal training or studio management after graduation.

SPECIFIC DUTIES & RESPONSIBILITIES:

- Assist with special event programming, implementation, and evaluation of programs
- Maintain cleaning schedule and equipment upkeep
- Be able to navigate Mindbody Software, we will provide training
- Assist in leading In-Services/Trainings
- Assist with communication regarding personal training sessions / new client assignments
- Keep accurate documentation of duties performed

TERMS OF EMPLOYMENT

- Paid part time position, hoping to lead to full time employment
- Hold office hours, participate in team meetings, and complete other duties as assigned