



TRAINING INTERNSHIP

The Metrics Fitness Lab internship program is designed to allow college/university students or recent graduates of personal training certification courses to observe the practical skills they will need to work successfully with clients in the future. Interns will observe and assist experienced personal trainers conducting a variety of training sessions in exchange for assistance with cleaning, maintenance and other basic marketing and administrative tasks.

LEARNING

- Demonstrate proper training techniques, exercise coaching, motivation, and instruction,
- Coach and motivate clients to make appropriate changes to ensure consistent progress,
- Track client progress, current successes and challenges, review client nutrition, and exercise logs.
- Perform fitness assessments and evaluations
- Provide ongoing health and fitness education that empowers clients to lead healthy lives forever.
- Market and sell Metrics Fitness Lab services
- Represent the vision, culture, and values of Metrics Fitness Lab.

RESPONSIBILITIES

- Greet and check-in clients in a friendly, positive, professional manner.
- Assist with private and semi-private personal training sessions.
- Actively participate in weekly meetings, led by NASM CPT & CES trainers. Contribute to discussions of functional movement for human anatomy and personal training best practices.
- Assist with back-office work, such as sending emails/cards, helping with testimonials, and running errands as needed.
- Document your experience each week: interesting observations, lessons learned, questions for discussion, comments on workouts observed, useful client communication / training techniques, etc.
- Demonstrate behaviors consistent with the Metrics Fitness Lab vision, culture, and values in all interactions with clients, coworkers and the general public.
- Adhere to all company policies, procedures, and safety standards.

QUALIFICATIONS

- Interns must spend a minimum of 8 hours per week in the facility
- Must have a positive, enthusiastic, energetic personality.
- Must be comfortable conversing with clients in person and over the phone in a polite, professional, friendly manner.
- Must be able to quickly grasp and apply new concepts of health and fitness and the human body.
- Must be punctual and reliable.

ADDITIONAL INFORMATION

Metrics Fitness Lab Internships are unpaid. However, interns who demonstrate excellent performance may be eligible for employment after the internship is completed. All your information will be kept confidential according to EEO guidelines.

TO APPLY GO TO WWW.METRICSFITNESS.COM/CAREERS AND COMPLETE THE FORM